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WITH PITT & CO. ROLLIN' IN AUTHENTIC WWII TANKS IN THE MOVIE FURY, METRO LOOKS AT OTHER FILM DIRECTORS WHO ARE OBSESSED WITH AUTHENTICITY PAGE 16

Union chief says Winnipeg isn't ready for Ebola

Forrest causes fire. Firefighters union head expresses concern over a lack of details in city's policy on deadly disease

SHANE GIBSON
shane.gibson@metronews.ca

Winnipeg Fire Paramedic Service officials worked to put out a fire of a different sort Tuesday after the head of the union representing firefighters told media that first responders aren't prepared to handle a patient with Ebola should the disease come to the city.

At a press conference Tuesday morning, United Fire Fighters of Winnipeg head Alex Forrest said firefighters are often the first responders to medical and emergency calls, and he has concerns over a lack of details in an internal memo outlining the city's Ebola plan.

He said the document has no details on how firefighters who come in contact with a patient at risk of having Ebola would be quarantined, how long they'd be quarantined, or how their positions would be filled in their absence.

"There's a lot of unanswered questions," he said, adding he's worried about what will happen if a number of his members are quarantined at once.

"We also fight fires, we have to have a sufficient number of firefighters to fight fires."

At a hastily prepared press conference later in the day, WFPS acting assistant chief Tom Wallace said the city has four special ambulances — each with protective gear and specially trained paramedics on board — ready for calls where the dispatcher has determined a patient is at risk of Ebola.

Wallace said firefighters would not be sent on such calls.

"I'm very confident that we have a very solid response plan," Wallace said, noting the city started preparing for the possibility of Ebola in August.

Quoted

"There's a lot of unanswered questions."

Alex Forrest, head of the United Fire Fighters, who said he's worried about what will happen if a number of his members become quarantined at once after coming into contact with someone at risk for Ebola

United Firefighters of Winnipeg head Alex Forrest spoke to media Tuesday morning over his concerns about the city's preparedness for Ebola. SHANE GIBSON/METRO

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Election promise

Bokhari on spending sales tax increase

Manitoba Liberal Leader Rana Bokhari says she would not rescind the province's recent sales tax increase if she were elected premier, but would instead use it exclusively for municipal infrastructure.

Bokhari announced her first election promise Monday, even though the next election is not expected until April 2016.

"We want to dedicate that (money) to municipalities in an infrastructure fund that would be transparent. Money can't be shifted out of it. It would be there only for municipalities, to be transferred to them on a per-capita basis."

The NDP raised the sales tax last year. THE CANADIAN PRESS

Rana Bokhari talks to the media. SHANE GIBSON/METRO

A North American first

New Flyer to build zero-emission bus

Winnipeg's New Flyer Industries announced Tuesday it is planning to build a zero-emission, 60-foot battery-electric/fuel cell bus — a first for a North American company.

The bus, part of its Excelsior line, will include a combination of batteries, hydrogen storage and a fuel cell.

"The electric drive bus will allow the fuel cell to operate at a relative steady-state, while the batteries will be able to both capture breaking energy and provide power for acceleration," reads a press release.

There was no immediate timeline on when the bus would be available, but New Flyer said they will begin testing the bus shortly. METRO

New concussion clinic offers treatment, conducts research

Brain injuries.
Findings will be shared with researchers worldwide

SHANE GIBSON
shane.gibson@metronews.ca

A unique clinic opened at MTS Iceplex this month is working to not only treat the short-term effects of concussions in kids but also to conduct research that may change how brain injuries are cared for in the future.

"This is one place where the experts are all going to come together," said Health Minister Erin Selby at the Pan Am Concussion Program's official ribbon cutting Tuesday.

"There's research (and) there's clinical expertise, so the kids will not only get a good recovery plan, they'll get one tailored to exactly their needs."

The clinic will service pediatric patients under the age of 19, and expects to see up to 30 new patients per week. Children and youth who've suffered concussions and need ongoing care will be referred to the program though the Children's Hospital and specialists will work with families to treat the concussion, develop a care plan and then monitor recovery.

"We know that a concussion is a very serious problem, we know that the vast majority get better ... but there are some that don't," explained Pan Am Clinic CEO Dr. Wayne Hildahl.

"Those are the ones that cause us the most problems and there's no way right now to pick that person out of the lineup.

"We want to assess those people, follow them, and make sure that — before they go back to participate in sports — it's safe for them."

Patients will also be eligible to take part in research studies that Dr. Michael Ellis, the neurosurgeon leading the clinic's team of experts, said will help to improve the diagnosis and management of concussions going forward.

Manitoba Health Minister Erin Selby speaks to media at the official opening of the Pan Am Concussion Program clinic at MTS Iceplex Tuesday morning. SHANE GIBSON/METRO

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Election Roundup: Lord Selkirk-West Kildonan Community District

Metro Winnipeg is providing an overview of the council races, with today's edition looking at the three wards that make up the Lord Selkirk-West Kildonan Community District: Mynarski, Old Kildonan and Point Douglas. Candidate names are in the same order as they'll appear on the ballots. Visit metronews.ca/tag/winnipeg-civic-election-2014 for all of our election coverage.

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Dave Capar SHANE GIBSON/METRO

Mynarski

Candidates: Ross Eadie (incumbent), Greg Littlejohn, Trevor Mueller, Dave Capar

The Mynarski ward sees three of the same candidates that ran in 2010 — Ross Eadie, Trevor Mueller and Greg Littlejohn — along with newcomer Dave Capar.

Ross Eadie, who came out on top in 2010 by nearly 1,300 votes and has represented the ward ever since, said he and his competitors "clearly care about the North End" and about the issues affecting residents.

Eadie said these concerns are "as diverse as the residents," but many are worried about infrastructure renewal in this by-and-large older area and "over-service."

"Many concerns are with what would be considered service cuts and over-service in some areas," such as not enough pothole patching, but more than enough servicing on Inkster Boulevard and Scotia Street, Eadie said, adding he expects there will be a higher voter turnout in this election.

Mueller, a construction surveyor, said safety has come up on the campaign trail, including safety on buses. To this end, he said he's proposing the installation of alarm buttons in the middle and back of buses, so passengers can alert the driver, who'd also have a button that could alert authorities.

Mueller, who held his 2010 campaign wind-up party together with Littlejohn's, said he feels change is needed at city hall.

"How many things have been sent out for police review?" Mueller asked. "Who's responsible for what? There have been no consequences."

Capar, who works as head of door security at the Green Brier Inn, and as a personal trainer and life coach, said he believes Eadie is too politically tied to the NDP, adding "when you're led by a political party, you're bought and paid for by a political party."

"Because I was born and raised in this area, I love this area, I love the people here," said Capar. "Everybody deserves to have a happy life here."

Donovan Martin SHANE GIBSON/METRO

Old Kildonan

Candidates: Donovan Martin, Suzanne Hrynyk, Devi Sharma (incumbent)

The two candidates seeking to unseat incumbent Devi Sharma are promising better communication with ward residents.

Donovan Martin and Suzanne Hrynyk said while they find Sharma to be a kind person, they've heard at the doorsteps that she's hard to get ahold of and that ward issues are being referred to 311.

"The community, they've had it," said Martin, adding it was lack of action on local traffic flow and speeding issues that spurred him to run for office.

"Even trying to get ahold of her, something as simple as a phone call, takes weeks for a response."

Martin said that unlike Sharma, he's on social media, has a web page and prides himself on responding quickly.

Hrynyk, a registered nurse and school trustee, said Old Kildonan residents feel "ignored, brushed off, or the best-case scenario — they were referred to inadequate 311 service."

"That is unacceptable," added Hrynyk, who used to live outside of the ward but took possession of her new home in Garden City today.

"Residents have told me time and time again that they feel their councillor and city hall are ignoring them."

Sharma, elected as the city's first woman speaker in November of 2013, said she has great respect for those who put their name forward on the ballot and that she is accessible at her community office.

"I value ideas and thoughts from residents on how we can keep Old Kildonan vibrant and thriving," she said, adding that infrastructure, safety and recreation are the top issues she's hearing about.

"I have championed and supported recreational opportunities, promoted and worked towards creating a culture of safety, enhanced and developed outdoor green space, and improved infrastructure."

Anne Thompson SHANE GIBSON/METRO

Point Douglas

Candidates: Dale White, Rebecca Chartrand, Anthony Ramos, Mike Pagtakhan (incumbent), Anne Thompson

In 2010 in Point Douglas, it was 5,500 votes that separated the winner and the second-place finisher.

This time around, longtime councillor Mike Pagtakhan is facing four opponents, including a two-term school trustee and an aboriginal educator.

Pagtakhan said early on in the race, he thought no challengers would come forward.

"It's nice to see that there are people who have the strong desire to serve the public," said Pagtakhan of the competition, adding that he has respect for them because he remembers when he first ran.

Anthony Ramos, currently a Winnipeg School Division trustee, said residents he's spoken to are concerned about how their tax dollars are being spent and "recreation centres that are now dormant or working at a low capacity and under-serving the community."

"I would like to revive these spaces and re-introduce programming," he added. "Elections are never easy to predict and I can only control my own actions, so I will keep pushing harder and get out to see as many residents as possible."

Educator Rebecca Chartrand, who founded the Council for Aboriginal Education in Manitoba, said many constituents feel their voices haven't been heard on the issues of safety, employment, local roads and affordable housing.

"I feel that everything I've done from a very young age has kept me grounded and connected to the interests and the issues that are found in Point Douglas."

Anne Thompson said Winnipeggers she's spoken to are worried about the city's finances, with some believing the city may even be forced to declare bankruptcy.

What's needed, she added, is someone like her, who was raised in the suburbs but understands inner-city living.

Dale White, who has a platform of 70 ideas, said he has the experience, skills and business acumen to tackle budgets, which is what voters want.

"They do not want anyone new to budgets and processes that will be at the mercy of the administration," he added.

Math catches up with Wasylycia-Leis

Not quite $400 M.
Campaign forced to clarify mix-up on infrastructure pledges

COLIN FAST
winnipeg@metronews.ca

What was supposed to be a simple renouncement of an earlier campaign promise turned into a math problem for Judy Wasylycia-Leis on Tuesday morning.

The mayoral frontrunner stood on Corydon Avenue near Assiniboine Park Zoo to repeat her pledge to spend a "further $60 million" on local and regional roads over the next four years, on top of the existing $340 million included in the city's capital budget plan.

Quoted

"Winnipeg is a better city than many of its roads would have you believe."
Judy Wasylycia-Leis

"Winnipeg is a better city than many of its roads would have you believe. That's why my plan to boost infrastructure spending is so important," she said while outlining her $400-million plan.

However, Wasylycia-Leis struggled to explain how the city's existing $340-million budget, her $60-million pledge for roads, and her previous announcement of $15 million in new money for active transportation add up to $400 million.

A spokesperson for the campaign later confirmed her plan actually includes $45 million in new money for local and regional roads, along with another $15 million for bike and pedestrian paths.

"We think active transportation is part of fixing roads," he explained.

Judy Wasylycia-Leis METRO

Transparency. Winnipeg 'one of the worst' in the country, says Bowman

Mayoral candidate Brian Bowman repeated his pledge to create a more open and transparent city hall on Tuesday.

Leading that effort would be a new office of public engagement that would make sure the public is well informed about major construction projects or policy changes like the new severance plan for city councillors, which he called "deeply offensive."

He'd also record all council votes, open the mayor's meeting schedule to the public, minimize exemptions to freedom of information requests, and make all city information available online by default.

"The City of Winnipeg is probably one of the worst institutions for openness and transparency that I've seen in Canada," said Bowman, who works as a lawyer specializing in privacy cases.

He believes these steps would decrease the need for freedom of information requests by 25 per cent.

COLIN FAST/FOR METRO

Brian Bowman outlines his transparency plan at his campaign office on Portage Avenue on Tuesday. COLIN FAST/FOR METRO

'Overhaul city hall'

Sanders puts out full mayoral platform

David Sanders laid out his entire platform for mayor on Tuesday morning, and said he is the best choice to turn Winnipeg into a "21st-century city."

"I entered this race based on my lifelong sense of duty, to overhaul city hall and fix the very serious problems which have developed at city council and in the senior administration," he said.

Sanders' plan includes dealing with the city's financial struggles, improving relations with civic unions, cancelling bus rapid transit, making the city greener, and improving decision making at city hall.

He also wants to make Winnipeg more appealing for both senior citizens and young people. METRO

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Canadian Cancer Society.
Plain packaging for tobacco 'logical next step'

The Canadian Cancer Society says plain packaging for tobacco products is a "logical next step" to curb tobacco marketing and save lives.

In a report released Tuesday, the society urges Health Canada to follow Australia and other countries by implementing plain packaging.

Such packaging means tobacco company colours, logo and design elements are not allowed. Health warnings would still appear on plain packages.

The society says data from Australia shows smoking has fallen sharply since plain olive brown packaging was introduced in December 2012.

Ireland, New Zealand, the United Kingdom and France are all in the process of requiring plain packaging.

Rob Cunningham, a senior policy analyst at the society, says cigarette packages "should not be mini-billboards promoting tobacco use."

"Plain packaging is an important and logical next step for Canada to curb tobacco marketing, reduce smoking and save lives."

The Canadian Cancer Society report also ranks 198 countries and jurisdictions based on the size of their health warnings on cigarette packages.

It says Canada is tied for fourth place with Brunei and Nepal with package warnings covering 75 per cent of the package front and back.

Thailand ranks first in the world at 85 per cent, Australia is second at 82.5 per cent and Uruguay is third at 80 per cent.

THE CANADIAN PRESS

An Australian mock-up of a proposed cigarette package with the banding removed and graphic health warnings displayed is pictured in 2010. The Canadian Cancer Society says plain packaging for tobacco products is the next step to curb tobacco marketing and save lives.

DEPT. OF HEALTH AND AGING/THE ASSOCIATED PRESS/THE CANADIAN PRESS

Daniel Pettley exhales vapour as he demonstrates the use of his electronic cigarette at Salt Lake Vapors in Salt Lake City. Poison control workers say that as the e-cigarette industry has boomed, the number of children exposed to the liquid nicotine, seen in inset, is also spiking. THE ASSOCIATED PRESS

Exposure of kids to e-cig nicotine rises

The drug. It comes in brightly coloured refill packages and an array of candy flavours

Poison control workers say that as the e-cigarette industry has boomed, the number of children exposed to the liquid nicotine that gives handheld vaporizing gadgets their kick also has spiked.

More than 2,700 people have called poison control this year to report an exposure to liquid nicotine, over half of those cases in children younger than six, according to national statistics. The number shows a sharp rise from only a few hundred total cases just three years ago.

The battery-powered electronic vaporizers often resemble traditional cigarettes and work by heating liquid nicotine into an inhalable mist. The drug comes in brightly coloured refill packages and an array of candy flavours that can make it attractive to young children, heightening the exposure risk and highlighting the need for users to keep it away from youngsters.

"With kids, the exposure we're seeing is usually parents or family members leave out refill bottles that they try and open," said Ashley Webb, director of the Kentucky Regional Poison Control Center.

Poison control workers often see a spike in calls with new and growing products, Webb said. The number of e-cigarette users has climbed to several million worldwide, and the devices have become the centre of an industry that has grown in the last four years from about $82 million to $2.5 billion in annual sales, at least $500 million of which comes from liquid nicotine.

Despite the recent increase, liquid nicotine exposures are still less than half of traditional cigarettes, but e-juice is potentially more toxic, said Robert Bassett, a medical toxicologist in Philadelphia.

"It would be really hard for a child to eat a whole pack of cigarettes, but now we're dealing with these very, very concentrated forms you get more than a pack of cigarettes in a small, ingestible amount," Bassett said.

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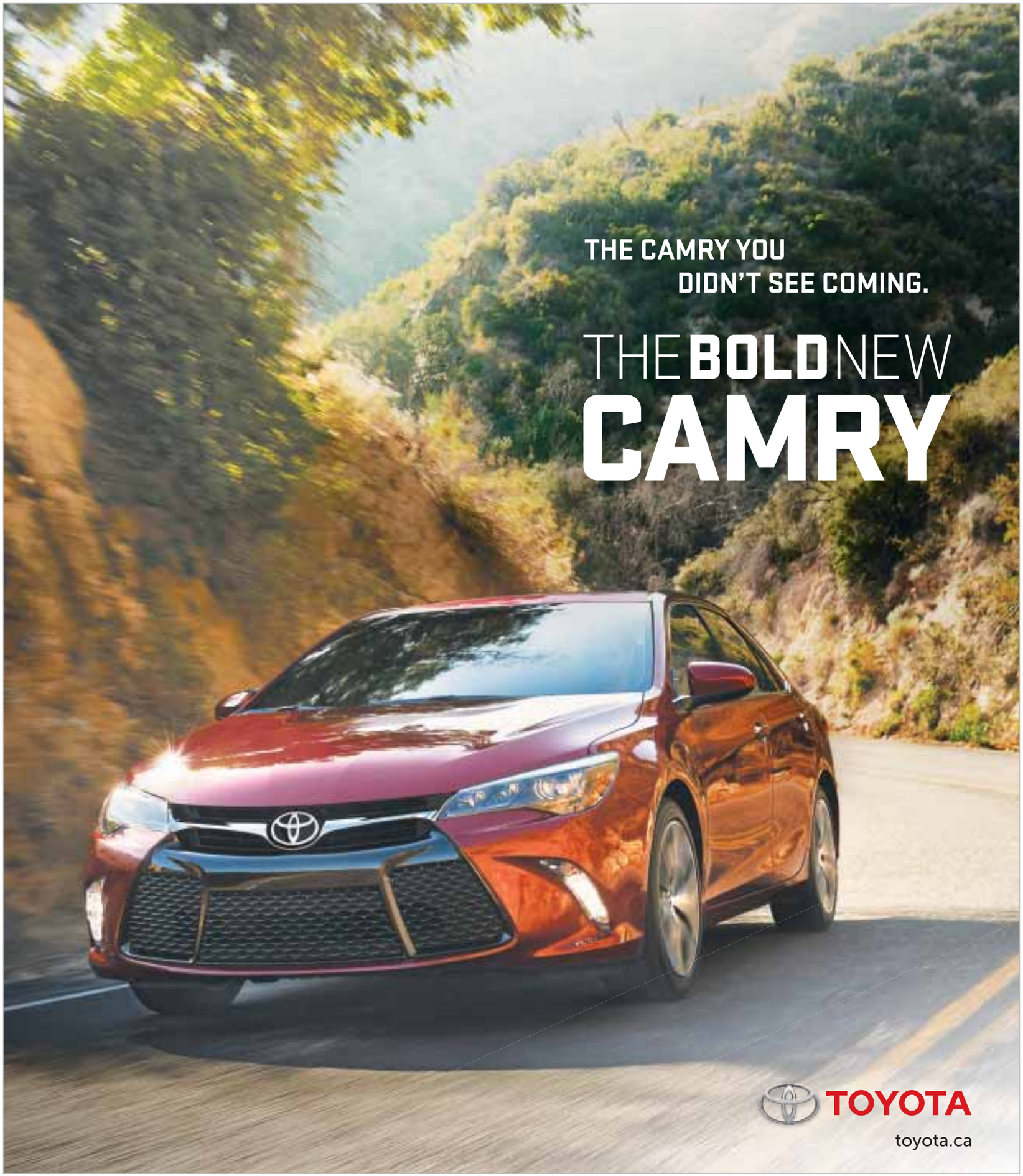
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Pistorius offered slain girlfriend's family 'blood money': Prosecutor

Sentencing hearing. Offer revealed during cross-examination of a social worker over what Pistorius's punishment should be

Oscar Pistorius offered $34,000 US to the family of girlfriend Reeva Steenkamp after he killed her, but they rejected it because they did not want "blood money," a prosecutor said Tuesday on the second day of the sentencing hearing for the double-amputee athlete.

Chief prosecutor Gerrie Nel also referred to separate monthly payments of $550 that Pistorius apparently did make to Steenkamp's parents after they asked for help. Nel said that money would be paid back in full.

Oscar Pistorius leaves North Gauteng High Court Tuesday in Pretoria, South Africa. Pistorius will be sentenced having been found guilty of the culpable homicide of his girlfriend Reeva Steenkamp after mistaking her for an intruder.
CHARLIE SHOEMAKER/GETTY IMAGES

Outside the courtroom, a lawyer for Steenkamp's parents said they had asked him to contact Pistorius's attorneys weeks after the Feb. 14, 2013, shooting because they were struggling financially. Pistorius offered them monthly payments and asked they be kept confidential, Steenkamp lawyer Dup de Bruyn said.

Yet Steenkamp's mother referred to the other offer of $34,000 that the family rejected as "blood money" and asked prosecutor Nel to call it that in court, de Bruyn said.

"The words 'blood money' are her words," de Bruyn said.

Social worker Annette Vergeer, one of four witnesses called by the defence, testified that Pistorius should be placed under house arrest, rather than sent to prison, after his conviction for culpable homicide, or negligent killing. She said Pistorius has the potential to be a productive member of society again. A sentence of house arrest and work at a school for disabled children would be more appropriate, she said.

THE ASSOCIATED PRESS

Sentencing

Light or heavy, judge to decide

Judge Thokozile Masipa has wide latitude when deciding on a sentence — from a fine and a suspended jail term to 15 years in prison. The judge found Oscar Pistorius not guilty of murder, concluding he acted hastily and with excessive force, but didn't intend to kill Reeva Steenkamp.

Two social workers have recommended that Pistorius be given a three-year correctional supervision sentence, which would place him under house arrest and require him to do community service. THE ASSOCIATED PRESS

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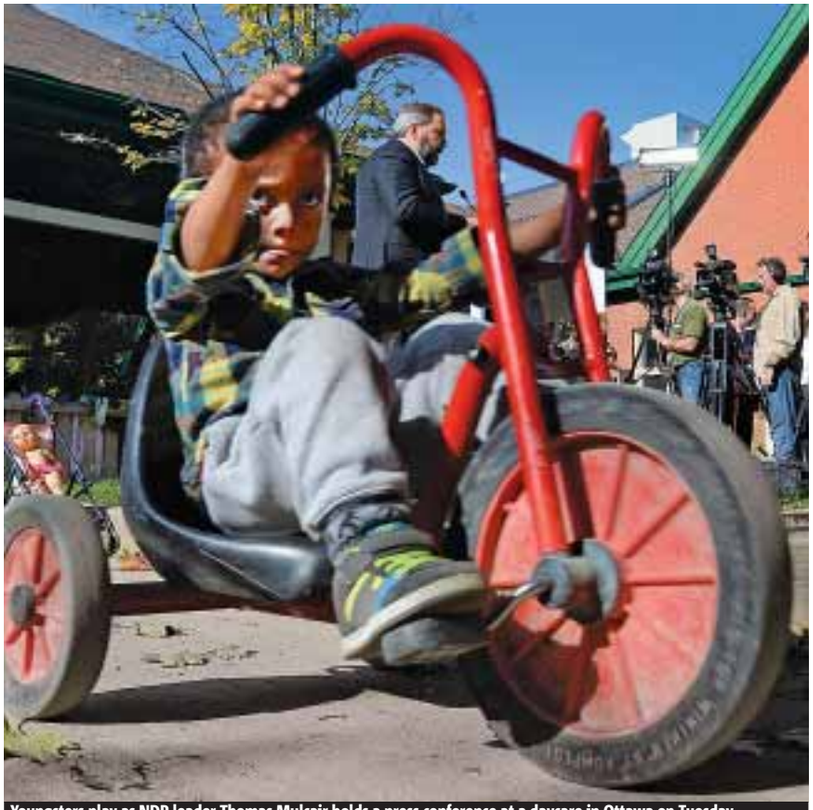

Youngsters play as NDP leader Thomas Mulcair holds a press conference at a daycare in Ottawa on Tuesday.
SEAN KILPATRICK/THE ASSOCIATED PRESS

NDP would create a million subsidized daycare spaces

No more than $15 per day. Plan would cost feds $5 billion yearly, announces Mulcair

An NDP government would spend $5 billion a year to create a million daycare spaces that parents could access for no more than $15 a day, Tom Mulcair promised Tuesday.

A full year ahead of the next scheduled federal election, the NDP leader unveiled a cornerstone of his party's platform: Creation of a national, affordable child-care program, to be phased in over eight years.

The announcement had all the trappings of a campaign event, with Mulcair delivering the news in the playground of a community daycare as children cavorted behind him, in full view of television cameras.

"For us it's a priority to create these affordable child-care spaces across the country," Mulcair said.

The proposal is the second platform plank New Democrats have unveiled this fall as they attempt to re-establish that they, not the resurgent Liberals, are the real government-in-waiting.

Mulcair argued that a national child-care program would "more than pay for itself," allowing more women to enter the workforce, boosting economic growth and tax revenue and reducing the number of single mothers on social assistance — while ensuring kids get off to a good start in life.

"It's something that we can't afford not to do."

THE CANADIAN PRESS

Making it happen

In the first term of an NDP government, Mulcair is promising to negotiate deals with the provinces, which would pick up 40 per cent of the cost while the feds paid the rest.

- Over the first four years, the annual federal contribution would ramp up from $290 million to $1.9 billion, creating or helping maintain almost 800,000 child-care spaces. Over the second four years, the annual federal contribution would grow to $5 billion. Once phased in, Mulcair said the program would support or maintain the creation of one million daycare spaces.

There is no cure. Prevention is the only way to save lives. Your help is urgently needed to stop the spread of this highly contagious disease.

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Court orders Brazeau do two months of rehab

A Quebec court has ordered suspended senator Patrick Brazeau to go to rehab for two months after he was arrested Monday for allegedly being drunk behind the wheel of a parked car with a knife in the vehicle.

Crown attorney Sylvain Petitclerc says Brazeau will be released Wednesday into the care of a rehabilitation facility in Sherbrooke, Que.

Brazeau faces three charges — two related to being behind the wheel of a car while impaired, and a third for possessing a weapon in breach of his bail conditions.

Petitclerc says he'll remain in rehab until Dec. 8, the date of his next court appearance on the latest charges, but his therapy may continue for up to two years.

The senator spent the night in custody after a police officer who spotted Brazeau alone in a car reported smelling alcohol on his breath and finding a knife in the car.

Gatineau police spokesman Const. Pierre Lanthier says Brazeau was arrested after he blew twice the legal limit during a roadside breathalyzer test. Police say he also failed a second breathalyzer test at the police station.

Sen. Patrick Brazeau arrives at the Senate in Ottawa on Oct. 22, 2013. SEAN KILPATRICK/THE CANADIAN PRESS

The car has been impounded for 30 days, and Brazeau's licence has been suspended for 90 days.

Lanthier said he didn't know if the car belonged to Brazeau or to someone else.

This is Brazeau's second trip to rehab in recent months. Earlier this year, he completed a stint at a rehabilitation facility in the Quebec municipality of Saint-Andre-d'Argenteuil, which is located along the Ottawa River just south of the town of Lachute.

That trip resulted from his arrest in April, when he was charged with assault, possession of cocaine, uttering threats and breaching bail conditions following an altercation involving a man and a woman at a home in Gatineau. He has pleaded not guilty to those charges.

One of the conditions of his release from custody in April was that he not possess any weapons.

Brazeau also faces charges of assault and sexual assault in relation to a separate incident from February 2013 that got him booted from the Conservative caucus. He will stand trial for those charges in late March 2015.

He also faces charges of fraud and breach of trust in connection with his Senate expense claims.

Last year the Senate ordered Brazeau to pay back almost $50,000 over disputed expense claims. He refused and the Senate garnisheed his salary until last November, when he was suspended without pay.

THE CANADIAN PRESS

This product image released by Brands On Sale, Inc. shows a hazmat costume with a respirator. BRANDS ON SALE/THE ASSOCIATED PRESS

Ebola-themed costumes stirring controversy as Halloween approaches

'People are definitely asking.' Stores, social media buzzing about costumes based from the disease that has claimed over 4,000

No holiday screams pop culture controversy quite like Halloween.

So what's the costume flap of the year? It might just be Ebola, as in Ebola zombies, sexy Ebola patients and faux protective gear.

Twitter and other social media were abuzz leading into the holiday with talk of hazmat suits and respirators. Too soon? How about not at all, said Philadelphia physician's assistant Maria McKenna.

One of her own, a Dallas nurse who at 26 is exactly her age, was diagnosed with the virus in the United States after she helped care for a Liberian man who died at her hospital.

The idea of riffing on the crisis for Halloween "definitely rubs me the wrong way," said McKenna, who works with post-surgical patients.

"Normally I think that irony and humour is funny, but this thing with the costumes, is it really that funny? I mean, Ebola's not even under control yet," she said Monday by telephone.

Like it or not, some costume sellers have leftover yellow jumpsuits, rubber gloves and masks from the Breaking Bad craze last Halloween. Some sellers predict Halloweeners will repurpose those for takes on Ebola or make their own getups.

Halloween, falling on a Friday, is sure to be a big season for many costume sellers, including Ricky's NYC.

Some revellers are notoriously last-minute on costumes, so it was a bit too early to tell whether all the talk about dressing up as Ebola something or other will actually take off. Talk, after all, especially on social media, is cheap.

"I wouldn't say we can see an uptick in sales. I'd say it's still chugging along because it's a good seller no matter what," said Ricky's president Richard Parrott of the Breaking Bad look.

"But people are definitely asking about an Ebola-type costume."

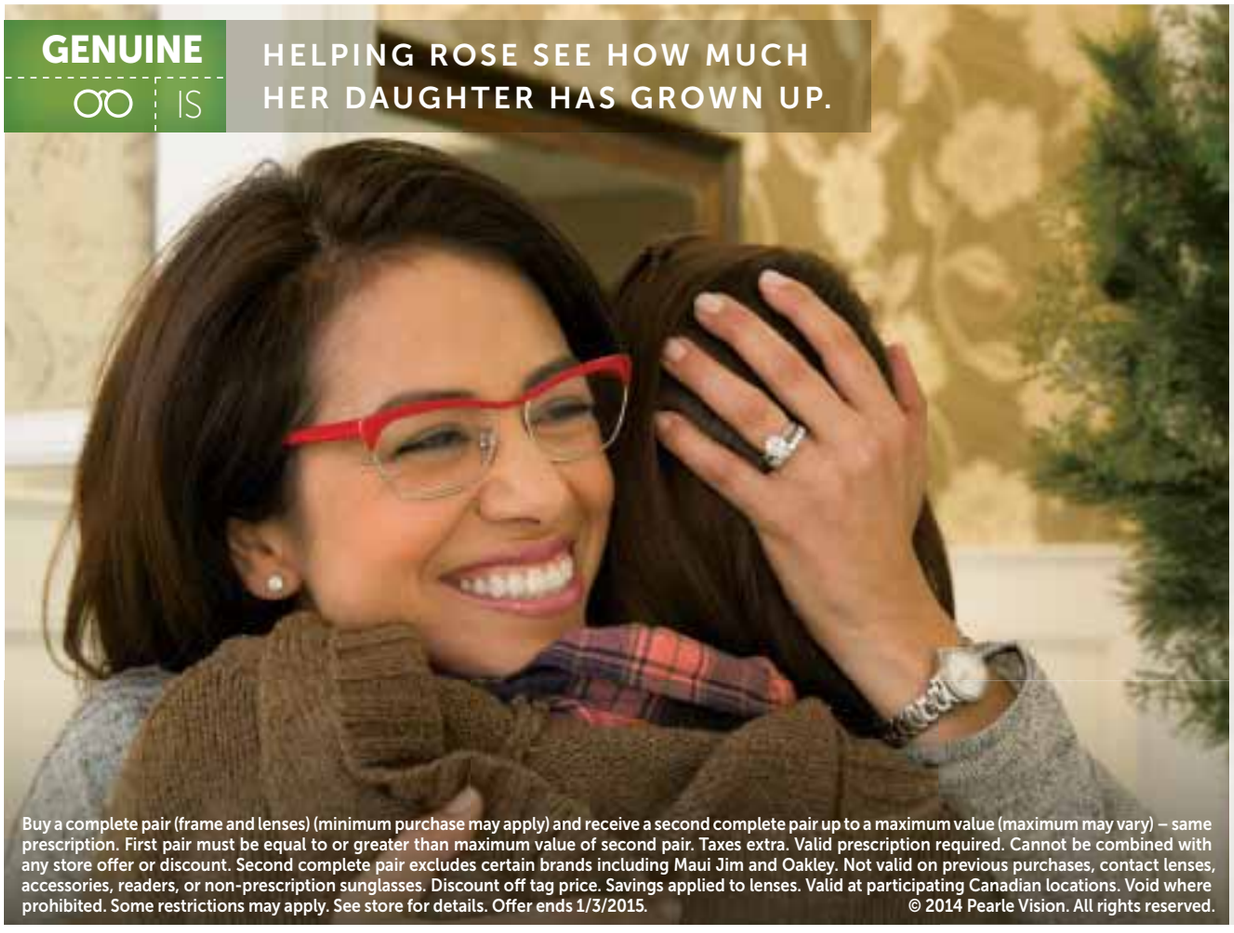
THE ASSOCIATED PRESS

To sell, or not to sell

Costume sellers are torn on whether to sell Ebola Halloween costumes.

- **Ricky's NYC.** President Richard Parrott considered carrying Ebola costumes — with proceeds going towards helping find a cure — but decided against it. He felt it crossed a line the company didn't want to cross.
- **Brands On Sale.** You can buy an Ebola containment suit online for $79.99 US. Chief executive Johnathon Weeks says he's sold a dozen or so in the week since their Oct. 8 release.

GENUINE IS
HELPING ROSE SEE HOW MUCH HER DAUGHTER HAS GROWN UP.



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A doctor keeps a pedestrian away from the JFK Ebola treatment centre in Monrovia, Liberia. The World Health Organization raised its Ebola death toll tally Tuesday to 4,447 people, nearly all of them in West Africa, out of more than 8,900 believed to be infected. JOHN MOORE/GETTY IMAGES

WHO predicts 10,000 new cases of Ebola per week

World Health Organization. The UN agency warns of grim situation if world's response to the crisis isn't stepped up

West Africa could face up to 10,000 new Ebola cases a week within two months, the World Health Organization warned Tuesday, adding that the death rate in the current outbreak has risen to 70 per cent.

WHO assistant director-general Dr. Bruce Aylward gave the grim figures during a news conference in Geneva. Previously, the agency had estimated the Ebola mortality rate at around 50 per cent overall. In contrast, in events such as flu pandemics, the death rate is typically under two per cent.

Acknowledging that Ebola was "a high mortality disease," Aylward said the UN health agency was still focused on trying to get sick people isolated and provide treatment as early as possible.

He told reporters if the world's response to the Ebola crisis isn't stepped up within 60 days, "a lot more people will die" and health workers will be stretched even further. Experts say the epidemic is doubling in size about every three weeks.

WHO raised its Ebola death toll tally Tuesday to 4,447 people, nearly all of them in West Africa, out of more than 8,900 believed to be infected. Aylward said calculating the death rate means tracking the outcomes of all possible patients — a complicated process since the numbers of cases are substantially under-reported and much patient data is missing.

Health workers have been hit hard by the virus, which is spread by contact with bodily fluids like blood, vomit and diarrhea. Doctors Without Borders said 16 of its employees had been infected with Ebola and nine of them have died.

Speaking Tuesday in Johannesburg, the head of the charity's South Africa unit, Sharon Ekambaram, said medical workers have received woefully inadequate assistance from the international community.

"Where is WHO Africa? Where is the African Union?" said Ekambaram. "We've all heard their promises in the media but have seen very little on the ground."

For the last month, there's been about 1,000 new Ebola cases per week — including suspected, confirmed and probable cases, Aylward said. The UN agency was aiming to get 70 per cent of Ebola cases isolated and 70 per cent of victims safely buried by December to reverse the outbreak. THE ASSOCIATED PRESS

In numbers

4,447

The World Health Organization raised its Ebola death toll tally Tuesday to 4,447 people, nearly all of them in West Africa.

U.S.-Ebola case

Texas nurse says she's doing well

Nina Pham, 26.
THE ASSOCIATED PRESS

The Texas nurse who became the first person to contract Ebola on American soil said Tuesday that she is doing well as her hospital expressed optimism about her recovery.

Texas Health Presbyterian Hospital Dallas released a statement on Nina Pham's behalf Tuesday. The comments were her first since she became infected with Ebola while caring for a man from Liberia who later died of the disease.

"I'm doing well and want to thank everyone for their kind wishes and prayers," Pham said.
THE ASSOCIATED PRESS

Donation

Facebook CEO, wife giving $25M to fight Ebola

Facebook CEO Mark Zuckerberg and his wife, Priscilla Chan, are donating $25 million US to the CDC Foundation to help address the Ebola epidemic.

The money will be used by the U.S. Centers for Disease Control and Prevention's Ebola response effort in Guinea, Liberia and Sierra Leone and elsewhere in the world where Ebola is a threat, the foundation said Tuesday.

The grant follows a $9-million donation made by Microsoft co-founder Paul Allen last month. Zuckerberg and Chan are making the grant from their fund at the non-profit Silicon Valley Community Foundation.
THE ASSOCIATED PRESS

Facebook president and CEO Mark Zuckerberg and his wife, Priscilla Chan, are donating $25 million US to the CDC Foundation to help address the Ebola epidemic, the foundation said Tuesday.
JULIE JACOBSON/THE ASSOCIATED PRESS FILE

Weary-looking Toronto Mayor Rob Ford casts advance ballot

Battling cancer. Ford said he is returning for another round of chemotherapy on Oct. 29 — two days after the election

A weary-looking Rob Ford cast his ballot today as advance polls opened ahead of the Toronto municipal election.

Ford, who is between chemotherapy treatments for a rare and aggressive form of cancer, says he wanted to support his brother Doug Ford's bid for the mayor's job.

Speaking to reporters outside the polling station, the mayor said he is tired and feeling "not very good."

He said he is returning for another round of chemotherapy on Oct. 29 — two days after the election.

Ford pulled out of the mayoral race after being admitted to hospital last month and has been campaigning for his former council seat.

His brother then announced he would run for mayor, saying he wants to continue the work they began four years ago.

"My brother's going to be the best mayor the city's ever had," Rob Ford said.

THE CANADIAN PRESS

Quoted

"My brother's going to be the best mayor the city's ever had."

Rob Ford, referring to his brother Doug

On the web

For more news, go to metronews.ca

Toronto Mayor Rob Ford sits down to cast his ballot in advance voting for the Toronto municipal election at an Etobicoke, Ont., polling station on Tuesday.

CHRIS YOUNG/THE CANADIAN PRESS

Biologist describes grisly video at Magnotta trial

Luka Rocco Magnotta is pictured in Berlin, Germany, in a court photo.

THE CANADIAN PRESS

CAUTION: GRAPHIC CONTENT.

A forensic biologist has told the jury in Luka Rocco Magnotta's first-degree murder trial in Montreal that after watching a so-called murder video, she was able to know where to look for blood stains that turned out to be Jun Lin's.

Jacinthe Prevost said she watched the video twice — once before entering Magnotta's apartment for the first time and once before examining the evidence.

Prevost examined blood stains found throughout the apartment and on exhibits seized by police at the crime scene.

The jury has not yet seen the video but has been told of its existence.

"They (investigators) told me what it was briefly and they asked if I wanted to see it and I said 'yes,'" she testified Tuesday.

Prevost described what she could remember of the video: a body lying prone on a bed and someone wearing a hoodie who appears to be stabbing the victim with a sharp object.

Later, there is an attempt to masturbate using a severed right arm as well as anal penetration on a mutilated corpse.

Prevost said a small black dog can be seen chewing on a severed limb while, in other sequences, there were various images of a severed arm in the freezer.

She said she was struck by how few items were found in the bachelor apartment.

"The apartment was empty, it was a semi-furnished with no personal effects," Prevost said.

THE CANADIAN PRESS

At a glance

- Luka Rocco Magnotta, 32, has pleaded not guilty to five charges in Jun Lin's murder and dismemberment in late May 2012.
- Magnotta has admitted to the acts he's accused of in Lin's death, but is arguing he is not criminally responsible by way of mental disorder.

En route to Paris

Unruly passenger forces jet to land in N.L., police say

The RCMP say an Air France flight en route to Paris made an unexpected stop in Newfoundland because of an intoxicated and unruly passenger.

The Mounties say the Boeing 777 touched down safely at Gander International Airport on Sunday shortly after 10 p.m. after taking off from New York. Police allege a passenger refused to follow instructions from the flight crew and the captain felt the woman posed a safety risk to other passengers. Officers boarded the aircraft when it landed in Gander and arrested a 65-year-old American woman.

THE CANADIAN PRESS

California

Lawmaker hopes to rename tunnel after Robin Williams

A California lawmaker said he plans to introduce a resolution to rename a tunnel north of the Golden Gate Bridge after the late comedian Robin Williams.

THE ASSOCIATED PRESS

Robin Williams

THE ASSOCIATED PRESS FILE

Honolulu International

Passenger arrested for sexual assault aboard plane: FBI

A Japan Airlines flight had to return to Honolulu after a male passenger sexually assaulted a female passenger in the airplane's bathroom, the FBI said.

FBI agents arrested Michael Tanouye, 29, Saturday night at Honolulu International Airport for interfering with a flight crew and aggravated sexual assault aboard an aircraft.

The flight was en route to Kansai International Airport when Tanouye forced his way into a bathroom and sexually assaulted a woman, according to an FBI affidavit.

THE ASSOCIATED PRESS

Clooney advises on Parthenon Marbles

Lawyer Amal Clooney, who recently married actor George Clooney, attends a meeting with Greek Culture Minister Kostas Tassoulas in Athens, Tuesday. Lawyers Geoffrey Robertson and Amal Clooney arrived Monday on a four-day visit to meet government officials, including Prime Minister Antonis Samaras, and advise on Greece's quest to have the Parthenon Marbles returned to Athens. THANASSIS STAVRAKIS/THE ASSOCIATED PRESS, POOL

Canadians are still paying too much for generic drugs: Study

'Grossly deficient.'
Provinces, territories faulted for establishing a set price ceiling at 18 per cent of the cost of brand-name drugs

A new study has found that Canada is still paying far more than other industrialized countries for generic drugs, despite recent efforts by the provinces and territories to cuts costs by bulk-buying six particularly costly medications.

The study by the University of Ottawa and the Bruyere Research Institute says the price tags on the six drugs — which include medications for high blood pressure and high cholesterol — remain much higher in Canada than they are elsewhere. It adds that while Canadians are saving some money under the bulk-purchasing scheme, they're still spending much more than people in the U.K., Germany, New Zealand, Sweden and the United States.

Bulk-purchasing scheme

In April 2013, the provinces and territories reached an agreement at a Council of the Federations meeting to pay significantly lower prices for the six drugs — amlodipine, atorvastatin, omeprazole, rabeprazole, ramipril and venlafaxine — by joining forces to buy them in bulk.

- Those medications account for about 20 per cent of publicly funded spending on drugs.

The study, published Tuesday on openmedicine.ca, faults the provinces and territories for establishing a set price ceiling for generics at 18 per cent of the cost of brand-name drugs, saying they could drive much harder bargains with a national competitive bidding process of the type that thrives in other countries.

The bulk-buying efforts remain "grossly deficient when one considers the opportunity costs that Canada sustains annually by refraining from adopting one of the alternative systems proven to be more effective in its peer countries."

Jason Nickerson, a clinical investigator at Bruyere, also noted that some of those countries were buying the medications from a Canadian company, Apotex, at substantially lower prices than Canadians are paying. THE CANADIAN PRESS

"I'm looking for something more long term."
RECYCLING REMINDER
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Recycle your plastic bags, just not in your recycling cart. Bring them to one of many retailers with collection bins.
Make the break.
SimplyRecycle.ca
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Multi-Material Stewardship Manitoba
INDUSTRY FUNDING RECYCLING

Ireland unveils growth budget

Irish Finance Minister Michael Noonan, centre right, and Brendan Howlin, minister for public expenditure and reform, in Dublin, Tuesday. THE ASSOCIATED PRESS

Ireland unveiled its first expansive budget Tuesday since the collapse of the Celtic Tiger economy six years ago, ending an era of austerity earlier than expected thanks to the return of Europe-leading growth.

Measures unveiled in the 2015 budget will increase spending and tax breaks by a combined 1.2 billion euros ($1.5 billion US), including a plan to build 6,700 state-funded homes for the poor as Ireland seeks to stimulate even more tax-driving growth. The U-turn follows seven hard-cutting budgets that, when combined, took nearly 30 billion euros annually — representing nearly a quarter of previous domestic demand — out of a shell-shocked economy. THE ASSOCIATED PRESS

France

Making a payment as easy as a tweet

In France, Twitter users can now publicly repay debts, donate to charity or chip in for a gift with a new payment service backed by the country's second-largest banking service.

Users tweet a payment request to S-money, which then requires an authentication code before sending the amount — and a tweet to the destination confirming payment for all the world to see. THE ASSOCIATED PRESS

Arthur Budovsky

Liberty Reserve founder enters not guilty plea

The Costa Rican founder of payment processing company Liberty Reserve made his first appearance in a U.S. courtroom Tuesday, pleading not guilty to charges that his online bank laundered billions of dollars for criminals.

Arthur Budovsky, 40, was extradited Friday from Spain. A Sept. 21 trial date is set. THE ASSOCIATED PRESS

Market Minute

DOLLAR 88.45¢ (-0.70¢)

TSX 14,036.68 (-190.68)

OIL $81.84 US (-$3.90)

GOLD $1,234.30 US (+$4.30)

Natural gas: $3.92 US (-$0.09)
Dow Jones: 16,315.19 (-5.88)

WHOLE NEW MEANING TO GOOGLE DOCS

JUST SAYIN'

Paul Sullivan
metronews.ca

If you're looking for a surefire way to get your doctor to snort and roll his/her eyes, start a sentence with "I looked it up on the Internet ..."

And by the time you get to "... and it turns out I have a rare form of terminal acne," he/she will be rolling on the floor disabled by derisive laughter.

Doctors believe, not without justification, that the Internet is a cesspool of medical misinformation. But we use it because it's there. It may take two years to get an appointment with Canada's foremost dermatologist, but there's no shortage of acne experts ready with free advice online 24-7.

So the news that Google is testing a program that allows you to talk to a real doctor via online video is more than good news for people with spots.

It looks like the next big thing.

Let's see. You have a boo-boo. You go to your GP, wait for at least an hour over the appointed time. You finally get into the examining room, and if it's a complicated boo-boo, he refers you to a specialist. You wait two months, and then go see the specialist, who sends you for a bunch of tests. Then someone books the followup visit.

If you're lucky and you're still alive, maybe you'll get treated for the boo-boo, and maybe relief will follow. Accumulated time: feels like forever.

So imagine tapping "boo-boo" into Google, and connecting to a medical expert who diagnoses your problem right away, just by looking at it. "That's a boo-boo, all right." He sends you to a pharmacy to get the medicine. Relief! Accumulated time: hardly any.

Of course, there are many ailments that actually require tests and deeper exams, but think of all the anxiety diseases a Google doctor program could address, freeing up real health care for people who need it.

In typical Google manner, this program was launched without fanfare. Some guy tapped "knee pain" into Google, and got an offer to connect with a doctor for free (for now). The way Google works, it could well be closed without fanfare by the time you read this piece.

But it's such a good idea that you wonder why it hasn't happened sooner. And if Google doesn't disrupt health care, there are rumours that Facebook is working on its own program. All your friends could "like" your diagnosis.

As with so many other industries that have been rendered obsolete by technology — just like that — there's a sense of inevitability about this. I'm sure there are at least a million reasons why the medical professions and governments that fund them will decide that online doctor programs are bad for your health. But there are too many ways to connect over the Internet and circumvent the bureaucracy. It will happen.

Talk about Doctors Without Boundaries.

Metro Bitstrips caption contest

metro AR

Today's winner:
Dave Pascal

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Bitstrips

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MetroTube

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Take the plunge

ANDREW FIFIELD
andrew.fifield@metronews.ca

GETTY IMAGES

The Menara Kuala Lumpur Tower is a very tall building in Malaysia's capital, but it's not that cool twin structure you're likely thinking about — those are the Petronas Towers. Anyway, John Van Horne and two fellow BASE jumpers headed to that tower's observation deck to take a leg-jellying and enviable glide into a neighbouring rooftop pool, located in the 421-metre tower's long shadow. (YouTube/John Van Horne)

Twitter

@metropicks asked: Municipalities in Newfoundland and Labrador are asking to have a cap placed on the number of pets per home. How many is too many?

@Dweller15: all depends of your annual income property you own area you live how close neighborhood if all ok - unlimited

@LBjerring: I have three dogs and three cats. That might be too many for some. How about when the neighbours complain? #stink #noise

@ryanmhowell: As soon as the sum total of animals consume more food than the sum total of people.

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on pages 16 and 18 in Scene and page 25 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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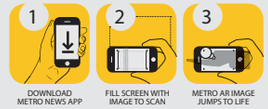

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SCENE 2

Putting a real Tiger in tank film

Bona fides. Fury is latest flick obsessed with authenticity, using genuine Second World War combat vehicles

IN FOCUS
Richard Crouse
scene@metronews.ca

Fury, the new Second World War film starring Brad Pitt and Shia LaBeouf, is being called the most realistic war film of all time. The story of a U.S. 2nd Armored division tank rolling through Germany in the final days of the war is as authentic as director David Ayers could make it.

Actors were put through their paces at a week-long boot camp, living and sleeping inside tanks. Then there were the tanks themselves. Borrowed from collectors all over the world, Fury is the very first time a genuine Tiger 1 tank has been used in a Second World War film.

Onscreen authenticity has been the goal of many directors. As Michael Cimino once said, "If you don't get it right, what's the point?"

Cimino, director of Heaven's Gate and The Deer Hunter, is a stickler for detail. For a scene in a Chinese eatery in Year of the Dragon, the director hired the Shanghai Palace Restaurant to supply the meals that dotted the tables. Cimino not only wanted to create the look but also the vibrant atmosphere (complete with food smells) of a bona fide restaurant. To that end chefs worked round the clock, whipping up 100 plates at a time, using 500 eggs rolls and hundreds of pounds of chicken, beef, shrimp and vegetables. "If the food got cold we had to throw it away," said chef Charlie Wu. "The food doesn't look good when it is cold."

Any other director would have done the Nut Room scene in Charlie and the Chocolate Factory with computer-generated imagery, but Tim Burton decided he wanted a more lifelike approach. To make sure the scene looked as real as possible, animal trainer Steve Vedmore spent 10 months training 40 real squirrels to crack and sort nuts on a conveyor belt.

Eric Schwab, the second unit director on Bonfire of the Vanities, was asked to grab a shot of the Concorde landing in New York against the backdrop of the setting sun. Schwab spent months studying the rotation of the Earth and the flight path of the plane to capture the perfect, pure moment when the sun framed the landing aircraft.

Finally, it's not just live-action movies that go to extreme lengths for authenticity. The creators of Monsters Inc. individually animated each of giant fuzzball Sully's 2,320,413 hairs to make them look as lifelike as possible. Every frame featuring the character took 11 hours to render.

Logan Lerman CONTRIBUTED

metro AR **Scan this image with your Metro News app to watch the trailer for the new Second World War film Fury starring Brad Pitt and Shia LaBeouf.** CONTRIBUTED

Nut Cracker Sweets

40

Number of real squirrels an animal trainer spent 10 months training to crack and sort nuts on a conveyor belt for the Nut Room scene in Charlie and the Chocolate Factory.

Spar for the course

No pulling punches for this cast

To hear Logan Lerman tell it, working for director David Ayer is its own brand of harrowing. Prep for the Second World War tank drama started with a few weeks of boxing — the cast sparring with each other, their director encouraging them not to hold back. But it's all for the movie, right?

When did you realize the training would involve actually boxing with your co-stars?
Right after I got the role, it was, "Now you're going to start fighting." It was pretty casual at first, and then the guys came in and we really started fighting each other. It got intense in there. And it was a total battle of the egos. It was just who was top dog and, "Now we're going to fight each other and see who's the dominant male." That's kind of similar to what the movie was.

That sounds like a terrifying work environment.
It was tough. And I was the young guy, the inexperienced one ... So yeah, it was a pretty tough year. It was a tough year, man.

How are you feeling now?
I'm great now, man. The movie's over!

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McCarthy gets a master class from Bill Murray

Showing more range. Bridesmaids star Melissa McCarthy tones down the comedic persona for her role as a struggling mom in St. Vincent

RICHARD CROUSE
scene@metronews.ca

Melissa McCarthy admits she was nervous to work opposite Bill Murray in St. Vincent.

"Is that not true for every human being?" she asks rhetorically, before adding she was intimidated, "in every possible way.

"He's an icon. It's less about him being one of the funniest human beings, and more about that he's such a good actor. I thought this role was right in his wheelhouse because I knew he wasn't going to overplay it. Then to see him do it so subtly and so underplayed, makes you love that character so much. It was a master class for me."

The Bridesmaids star plays Maggie, a recent divorcee and mother of 10-year-old Oliver (Jaeden Lieberher). Her nursing job requires long hours and without daycare she is forced to leave the boy with her neighbour, the hard-drinking reprobate Vincent (Murray).

"I liked that she was stripped down," she says. "There are no more tricks. She's out of tricks. She's just trying to survive."

As Maggie, McCarthy takes a step away from her well established comedic persona to deliver a supporting role that has laughs but shows more of her range than we're used to.

"I've played a lot of characters who are very vocal, very aggressive. It's been what the character has called for, but even within those bombastic parts you still have to let that character touch down. Even in a bigger, straight comedy you always have that moment where something's got to break. You see why they're so loud. At least for the women I've played there is a reason why they are so ballsy and it is nice when you see the crack in the veneer and you realize, 'It's part of their insecurity. They stay loud so nobody yells at them.' I think the same applies to this one, except that the character wasn't putting on much of a facade. She was falling apart more openly and she had to buckle down and keep moving forward."

St. Vincent is a character piece that showcases the actors — like co-star Naomi Watts as a plainspoken, pregnant hooker with an impenetrable accent and, if not exactly a heart of gold, an affection for things made of gold — but makes the point that families can be formed anywhere by anyone, even if one is a prostitute, one drinks too much and one spends too much time at work.

"It's a lovely message that (director) Ted (Melfi) handled so beautifully, because it doesn't feel sentimental," says McCarthy. "It's not like, 'And now the message is ...' You just get the feeling in the pit of your stomach that you shouldn't judge a book by its cover."

Melissa McCarthy, left, plays a recently divorced mom in St. Vincent.
CONTRIBUTED

Easy does it

"It's a lovely message that (director) Ted (Melfi) handled so beautifully, because it doesn't feel sentimental. It's not like, 'And now the message is ...' You just get the feeling in the pit of your stomach that you shouldn't judge a book by its cover."

Melissa McCarthy describes the impact of her latest movie, St. Vincent.

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Avatar Secrets

Episode Two: Courage

metro AR

Ramona logs into the game to venture onto her first quest. She almost quits when she is prompted to kill a beast — this is not what she signed up for. "We still treat the Internet as if it's this really dangerous place, when it's just our imagination," says Jesse Hirsh, founder of The Academy of the Impossible. Scan this photo for a video of Hirsh talking about how our imagination impacts our view of online.

COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Visit metronews.ca/avatarsecrets over the next few days as we post daily chapters from Avatar Secrets.

- **Collector cards.** You can also download 10 collector cards from the series!

Britpop. Noel Gallagher to release new solo album

Noel Gallagher, who along with brother Liam was part of the chart-topping group Oasis until their acrimonious 2009 split, announced on Monday he would release a new solo album in March.

The album, Chasing Yesterday, will be his third solo effort after The Dreams We Have as Children in 2009 and Noel Gallagher's High Flying Birds in 2011.

The British pop bad boy, who was the main songwriter and guitarist for Oasis, also announced a European tour in March 2015.

It will begin with shows in British cities before moving to the European continent with dates planned in Paris, Milan, Copenhagen and Brussels.

The announcement of the new album is likely to further dampen hopes of any Oasis reunion, following rumours that Noel may have made peace with his brother. AFP

British singer-songwriter Noel Gallagher. AFP FILE

Apocalyptic numbers

Walking Dead top audience draw for cable TV show

The Nielsen Company says the 17.3 million people who watched the fifth season opener of The Walking Dead Sunday is a record both for the show and for a cable television program.

Nielsen said that represented the biggest audience ever for a single non-sports program on cable TV. The AMC drama beat its previous record audience of 16.1 million for the fourth season opener last October.

THE ASSOCIATED PRESS

Chad Coleman and Sonequa Martin-Green in The Walking Dead. AMC

Freakishly good showing

Jessica Lange stars in American Horror Story. FX

American Horror Story has more terror in store

The American Horror Story series has been renewed for its fifth season, which will introduce fans to a new setting and plot in October 2015.

Just after premiering the fourth season, titled Freak Show, FX has picked up yet another cycle of the show. Some 6.1 million viewers tuned in live for the first episode on Oct. 8. When catch-up audiences are counted, the episode crossed the bar of 10 million viewers, an unprecedented figure for the American cable network. AFP

Canadian Diabetes Association HOSTS PUBLIC DIABETES FORUM

What: Canadian Diabetes Association Public Diabetes Expo – an educational event bringing together products, resources, speakers and experts to show how you can help prevent and manage diabetes while improving your overall health.

When: Saturday, October 25, 2014
10 am - 4 pm

Where: RBC Convention Centre, Main Floor
375 York Avenue
Winnipeg, Manitoba R3C 3J3

Cost: $30.00 (Lunch will be provided)

www.diabetes.ca/publicforum

Or register by phone 204-925-3800 ext 3

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Community Supporters: We Fit You Canadian Footwear, Manitoba Nurses Union

METRO CUSTOM PUBLISHING

Take active role in your diabetes management

More than just a message of hope, the focus of the Winnipeg Diabetes Forum hosted by the Canadian Diabetes Association is to empower those living with diabetes to take an active role in their diabetes management.

"The forum features educational sessions that will help the attendees increase their abilities to self-manage diabetes," explained Laryssa Sawchuk, Public Programs and Services coordinator for the Canadian Diabetes Association.

The event, which takes place Oct. 25, from 10-4 p.m. at the RBC Convention Centre, also features a keynote address from Josie Geller, PhD. entitled Staying Motivated When the Going is Tough: Self-Compassion as a Means to Resilience and Positive Behaviour Change.

"The purpose of the forum is to educate the public about diabetes by bringing together educational resources, current market products, speakers and experts," Sawchuk said.

Tickets are $30 for the full-day event and it includes a lunch. To register please visit diabetes.ca/publicforum or call 204-925-3800 ext. 3

SHUTTERSTOCK

"The information shared that day will show how to help prevent and manage diabetes while improving your overall health, leading to longer life and decreased complications of diabetes," she said.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Shia LaBum grabber: Actor comments on Cabaret chaos

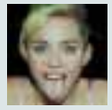
NED EHRBAR
Metro in Hollywood

Shia LaBeouf is finally telling his side of the story about his arrest during a performance of Cabaret in June, and boy does he tell it well. The Fury star went into great self-deprecating detail about the ordeal — including the bit about him chasing a homeless man through Times Square — during a visit to Jimmy Kimmel Live.

It turns out that while intensely inebriated on far too much whisky after watching a World Cup match, LaBeouf was given a ticket to the show, starring Alan Cumming and Michelle Williams, by one of its dancers.

And it was all downhill from there, thanks in large part to a very seductive Cumming. "He's smoking a cigarette, so I think, 'Oh, it's that kind of party, I want to have a cigarette, too,'" LaBeouf recalls. Then he noticed Cumming winking at him, so when the actor makes his way through the audience, "All I'm thinking about is the leather pants and him winking at me, and he walks past me and I give him a slap on the ass because I think he deserves it. He's seducing me. I mean, he's the sexiest man I've ever seen. And I don't just slap it, I slap and grabbed him — like I grabbed a whole cheek because I wanted the party right here in my pants." And if you think that's good, you should hear how he describes jail.

Twitter



@MileyCyrus
I don't know how I lived with out Skeeter Davis for so long.

@TheEllenShow
I just took the best #ThrowbackThursday photo. I can't wait for 20 years from now to post it. You guys, it's gonna be great.

@ActuallyNPH
Yesterday I celebrated the birth of my twins. Tomorrow I celebrate the birth of my book. I hope the book poops less.

Kat Dennings and Josh Groban

Grobes gets the girls: Kat's crushing on a crooner

Well, this one certainly caught me completely off-guard. Adorable and hilarious Thor and 2 Broke Girls star Kat Dennings hit the red carpet at a charity event in L.A. this weekend with her new boyfriend ... Josh Groban. No, seriously. Dennings even posted an Instagram pic of the pair with the caption, "I ship it."

Now, if I'm up on my Internet lingo, that should mean that they're not actually a couple, but Dennings is eager to write fan-fiction about them being a couple. Now I'm even more confused. But jargon confusion aside, apparently this is real. A source even told E! News that "they were so cute together," which is pretty much legally binding in Hollywood. To be fair, though, Groban has enough of a track record with impressive girlfriends — January Jones and, allegedly, Katy Perry — that at this point I'm willing to dub him the nice-guy alternative to David Spade.

Gwyneth Paltrow ALL PHOTOS GETTY IMAGES

Nightmare on Gwyneth's street: Neighbs none too happy after political party

There's more fallout for Gwyneth Paltrow due to the recent Barack Obama fundraiser she hosted at her home. Apparently she not only ticked off the hired help but has drawn the ire of her neighbours — and they're so miffed that they'll even speak on the record.

"It was extremely poor planning on Gwyneth's part. Politicians have the right to raise funds, and Gwyneth has the right to throw a party, but next time she decides to throw a political fundraiser, do not do it on our street," neighbour Bret Lewis tells Radar Online.

"Mandeville Canyon has only one road that connects us to the rest of the city. Gwyneth lives at the bottom of the canyon, so basically everyone was shut out," he adds. "To have this road closed off is a horrible thing. My daughter had an exam the next morning and was very upset, but God forbid someone had a heart attack or there was a real emergency."

KEANU REEVES
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There's plenty to pour over in Prague

Czech, please! This capital city is known for its party scene — come along and imbibe in the offerings at these swank bars

OMAR MOUALLEM
life@metronews.ca

Prague might be better known for beer, but it's full of spirit, too! ISTOCK

The Hemingway Bar features suspender-wearing servers. OMAR MOUALLEM/METRO

Menu offerings

The Hemingway Bar boasts a 64-page menu filled with 200 rums and the largest absinthe selection in the country. There's also another Hemingway favourite on offer: Cuban cigars.

In the Pilsner's birthplace, where beer is cheaper than water and only quick reflexes will keep the waiter from slamming another pint on your table, it's hard not to order what the Czech call "liquid bread."

But the Czech Republic has a storied history with spirits, too, particularly absinthe, and cocktail bars in the capital Prague are garnering worldwide attention for what their bartenders do with them. Pull up a stool at these three fine establishments.

Cloud 9 Skybar & Lounge

This Las Vegas-style bar atop a colossal Hilton is all about creating an experience, starting with a seductive automated voice welcoming you when the doors whoosh open. Through a long black marble gallery and into a swankily furnished room, you'll find founding mixologist Roman Uhlir stirring, shaking and straining over 50 cocktails, including 10 signatures.

Arrive between 6 and 9 p.m. and drink unlimited signature cocktails for less than $50. That includes Mystic, a refreshing vodka, lime and ginger creation with a touch of brown sugar, and Extravaganza, an icy gin mix softened by raspberries and a dose of mint.

But Charisma steals the show. A multi-sensory vodka and melon liqueur blend originally concocted for Czech photographer Jan Saudek, it's delicately sweet and bitter with subtle spiciness from a full-sized chili pepper perched on the rim.

The menu includes five-step instructions for drinking Charisma ceremoniously, beginning by asking you to close your eyes and picture the most beautiful evening. Tempting, but what's more beautiful than this ninth-storey view of Old Town Prague?

OBLACA

Come to expect anything at OBLACA, a sci-fi room inside a futuristic-looking transmitter tower with creepy, faceless, giant baby sculptures crawling up the sides.

The bar top, covered in funnels, beakers and bitters, leaves little room for the potions made on the other side of it. And that's not limited to drinks: Proteges of Achim Šipl, a world champion mixologist, make cocktail sorbets and amuse bouche samplers (if you're lucky, there's Screwdriver caviar on the tasting plate).

The cocktails are equally playful, turning classics contemporary with small innovations. Think earthy Cosmopolitans infused with Italian tea and Old Fashioneds billowing with orange steam.

But it's not all gimmicks. The barkeep delivers an impeccable Rusty Nail made with seven-year-old Scotch. It's hard-nosed as it should be, yet clean as one can hope for.

When you're having this much fun, you can drink into the night, but make sure you take a break before midnight to sit in a green-lit pod on the observatory floor.

Hemingway Bar

Lots of Prague businesses clamour for tourists' attention by adopting Franz Kafka's name, but this bar pays homage to the author of many American classics and drink recipes alike.

Dimly lit and classy, the cavernous Old Town space is decorated with framed Ernest Hemingway portraits, travelling Africa or with his polydactyl felines — which also get a tribute here. Six Fingers Cat is a blue agave cocktail that's smooth and smokey, with subtle flavours arising from six disparate ingredients, including rosemary, creme de cacao and dates.

For a well-rounded drink that goes down quickly, try English Mustard. Sweet and salty, it's Beefeater Gin, orange mustard and rose-lime cordial topped with a slab of cured bacon. But if you want something closer to dessert, you can't go wrong with a Pistachio and Black Currant Cosmopolitan.

And the suspender-wearing servers treat cocktails like meals, returning to gauge your satisfaction or whether you'd like it sourer or bitterer.

How-to

Save for a holiday

Tangerine personal finance expert Preet Banerjee has a few saving tips.

1. Start browsing for vacation packages well before the holiday season begins. The earlier you book, the more likely you are to save up before you travel.
2. Tuck away a few dollars every week or every paycheque. See if your bank offers an automatic savings option.
3. Timing is everything. Travelling just before or after high season can lead to savings and some destinations offer deals during these low periods.
4. See if you can redeem any points collected on your credit card.
5. Consider spending your vacation locally — at a neighbouring community or a country inn or spa. **DOUG WALLACE/METRO**

New

Expanded Air Canada flights

Air Canada has just announced its 2015 summer schedule, which includes a variety of new flights. Toronto to Amsterdam, usually only available in the summer, will operate year-round up to six times per week. The airline is also upping next summer's service to Paris to twice daily from Toronto and Montreal. And new Air Canada Rouge twice-weekly service will begin next May for flights between Montreal and Venice, and Vancouver and Osaka. **TEXT: DOUG WALLACE, PHOTO: HOLLAND TOURISM**

Deal

Family tour discount

G Adventures is giving families a break this fall, offering $200 off per adult on small-group family trips booked by Dec. 15 for travel anytime next year. Curating experiences rather than mere vacations, G is great for taking you and your kids out of normal environs and plopping you into cultures, languages and environments. Travel then becomes both a vacation and learning experience. Quote promo code METROFAMILY15 when booking at GAdventures.com. **TEXT: DOUG WALLACE, PHOTO: G ADVENTURES**

Running down the river

Salmon sights. This is the month to catch a massive return of fish to their spawning grounds in B.C.

ANDREW JOHN VIRTUE DOBSON
dobbernationloves.com
Follow @metrotoronto and @dobbernation

The Adams River is home to the world's largest return of sockeye salmon to a single river. ANDREW DOBSON/METRO

I whisked my way downstream along the forest path that winds through Roderick Haig-Brown Park, located 70 kilometres from Kamloops, B.C.

Salmon flicked through the water, entertaining throngs of fish watchers backlit by autumn colours.

The Adams River is home to the world's largest return of sockeye salmon to a single river. Every four years people come from all over the world to witness this ritual of return.

The run has been recurring for thousands of years, ever since the last Ice Age when glaciers carved out the awe-inspiring Rocky Mountain range.

After leaving the Pacific Ocean, more than 3.6-million sockeye brave an epic trip of over 450 kilometres, thrashing their way up the Fraser and Thompson Rivers to spawn.

According to Shuswap First Nations lore, the arrival of the sockeye was heralded by the singing of crickets and a west wind that began to blow in the first week of October.

Today, fish fans looking to tap into the region's rich indigenous heritage can do so on a tour of Quaaout Lodge & Talking Rock Resort.

Barb Callihoe, the properties cultural co-ordinator, offers up a historical narrative, which has us popping by the lakefront lodge's Kekuli (pit house), salmon smoke house and sacred sweat lodge.

It is estimated that over 240,000 visitors will travel to the Shuswap for the salmon run this October.

While most will enjoy the encounter while strolling along the parks trail, the most unique way to appreciate this natural marvel is from a First Nations perspective.

Quaaout Lodge's Frank Antoine offers daily expeditions for paddle pros, hands-on travel by voyageur canoe.

You can't help but peek over the bow as hundreds of rouge fish below dart to and fro.

While the salmon run is on many a nature enthusiast's hit list, the Shuswap has most recently wooed lovers of the great outdoors via luxury houseboat.

Twin Anchors is a pioneer in the industry, becoming the first commercial operator in Western Canada in 1964. Today their combined fleet includes more than 100 houseboats which offer guests a memorable floating holiday featuring petite suites, spacious kitchen and relaxing rooftop hot tub.

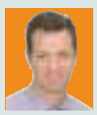
Wind whistled through my hair as we cruised along fir and cedar dotted coastline. The sunset splashed across the horizon while I sipped a glass of Ortega from Celista Estate Winery, which sits perched above the lake only a few kilometres away.

I let out a deep sigh and thought the stoic natural beauty of the Shuswap is perhaps British Columbia's best kept secret.

It's hard not to feel romanced by this place. Seems as though the salmon have had it figured out for years.

Winter travel

Your guide to planning an all-inclusive getaway



ON THE MOVE
Loren Christie
life@metronews.ca

Book your tropical holiday now for better options. ISTOCK

Packaged holidays are more popular than ever and if you want to have your choice of destination and dates this season, now is the time to book. If you wait until the last minute your options will be fairly limited. Here are some other tips and trends to remember when booking your 2015 all-inclusive vacation.

Although there is no consistent star rating system among the various Caribbean destinations and the tour operators that serve them, it is fairly common knowledge that a five-star resort in Cuba is not up to the same standard as elsewhere in the Caribbean. But the tide is turning as many of the hotel chains are slowly upping their standards in Cuba. The anticipation of the island eventually opening up to the American tourist market means better service, amenities and food now at the higher-end resorts. The Melia Marina in Varadero is getting incredible reviews, offering full apartments for families at reasonable prices.

For people looking not to share their holiday time with their or other people's kids, there is a noticeable growth in the adults-only resort segment. The couples only Sandals LaSource Grenada is getting amazing reviews, especially for their rooms with individual infinity pools.

The recently opened Occidental Grand Papagayo in Costa Rica is garnering buzz as the first adults-only resort in the country.

For those who prefer to be connected even when on holiday, Sandals Resorts has just announced free Wi-Fi at all their resorts for all their guests, not just for those staying on the higher-end floors.

Happily there will not be many destinations in recovery mode this winter as the 2014 hurricane season has been a relatively tame one. Fingers crossed it stays that way for the next month. The big exception of course is Mexico's Cabo San Lucas, which was hit extremely hard a few weeks ago. The good news is they have reopened the airport much earlier than anticipated and resorts are working hard to get back to normal.

The beach is calling and it's got a Jamaican accent.

Non-stop flights are available twice weekly from Toronto to Montego Bay and Kingston, plus great connections from other Canadian cities.*

Visit westjet.com to book your flights now.

JAMAICA GET ALL RIGHT

WESTJET

*Winter service. Schedule subject to change. See westjet.com for details.

I went from slipping up to packing up

Canned and confused. When can my work mistakes lead to termination?

PARISA NIKFARJAM
TalentEgg.ca

I've just been fired, but I'm trying to figure out why. ISTOCK

As an employment lawyer, I am often asked by employer and employee clients how many strikes an employee gets before they are out.

While there is a learning curve to every position and a host of actions an employer can take when a mistake is made, termination for making a mistake at work is always on the table. So when can mistakes end the employment relationship? While it depends on the circumstances, termination can occur:

When the mistake poses a safety risk to others

Take for example the case of an employee who leaves hazardous equipment on when leaving the workplace, thereby jeopardizing the well-being of his or her fellow employees.

While this can be an isolated incident, the court has held that the employer had reasonable grounds to dismiss the employee.

When the mistake is a breach of policy and results in damage to the employer

An employee caught breaching an employer's policy can be terminated as it is assumed that the employee has read and agreed to the terms of the policy.

Examples can include committing a criminal offence (there's a real case about an employee driving the employer's car while intoxicated); harassment/bullying/violence/discrimination; theft; and social media misconduct (insulting the boss online).

When an employee hides or denies their mistake

If a mistake is brought to your attention, your response can be a key factor as to whether termination is justified, even if the mistake itself is not serious enough for a termination. If you can show remorse and/or a plan to report your mistake, it can mitigate the need for a just cause termination. It is not a foregone conclusion that a mistake will lead to a termination and it is important to keep in mind that the following factors will be considered by an employer before pulling the trigger on a dismissal:

- Whether the mistake was accidental or intentional
- Whether the employee takes ownership of their mistake
- Whether the mistake irreparably harms the business, reputation, and functioning of the employer
- The employee's years of service; position; and the occurrence of similar mistakes
- The overall record of the employee

Even where the employment relationship is not terminated by the employer as a result of a mistake, the employer still has a number of options for discipline including warning letters and suspension.

It is, therefore, important to keep in mind that your employment relationship is compromised by the mistakes that are made and more importantly by the manner in which you respond to the errors.

One mistake too many

Termination can also occur when the errors pile up:

- One mistake may not irreparably harm the employment relationship, but several errors may eventually warrant dismissal.
- In one case, an employee was disciplined for nine different incidents including carelessness, unreported absences and conflict with colleagues before being dismissed for cause.

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*Not all programs have practicums. Contact campus for details.

The office washroom ain't the water cooler

Dear Metro,
I have a co-worker who uses the women's washroom as her personal spa. It seems like every time I go in there, she's in there too — fixing her makeup, talking on her phone, or just hanging out. Sometimes she even starts conversations with me while I'm in the stall. I don't want to be rude, but a little privacy would be nice. How can I get some alone time?
— Let Me Pee

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Everyone deserves a hassle-free haven when answering nature's call. ISTOCK

Dear LMP,

This sounds like a clash of comfort zones. You want solitude; she wants girl time. You want to urinate; she wants to congregate. It's a tricky one: Your office bathroom is a public space, after all. And while many of your colleagues may be cool with on-the-can chit-chat, it's fair if you're not.

If the whole topic makes you shy, scout alternate facilities. Are these the only stalls in your workplace?

Maybe there's a secluded bathroom on another floor where you can sneak off for an audience-free pee. A low-traffic toilet in close proximity would be a convenient fix.

And check your timing. Presumably this person does not, in fact, spend all day listening to her colleagues' bodily functions, but rather has a desk, a computer and work to do.

If she's within your line of sight, schedule your personal business when she's in her chair doing actual business.

The issue might not be that she lingers, but that your bladders are too much in sync. In that case, there's an easy way to avoid the mid-whiz catch-ups: just wait a bit.

Speaking to her — once you've re-zipped — is a more direct way to go. You can't tell her to get out, but you can let her know that you'd rather not discuss tomorrow's meeting while you're offloading this morning's coffee. This doesn't have to be tense.

Just say you need a sec, and will talk once you're finished. You could even turn it into a joke: Tell her your task requires fierce, unbroken concentration. Since she feels comfortable engaging you at such a sensitive moment, she likely considers you a friend. Which means she should be receptive to your concerns.

And if not, get aggressive: Drop your own stink bomb and flush her out of there. Then you'll get the place to yourself.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Don't let this meatball roll away

Honey Mustard Meatball Dinner Sub.

Personalize the dish by using ground chicken, pork, turkey or veal

DINNER EXPRESS
Emily Richards
food@metronews.ca

Meatballs are such a fun dinner option and can be really quick to make.

These meatballs have a unique flavour thanks to the addition of chili sauce.

This isn't the spicy chili sauce you might add into your soup or pasta dishes but the sweet, almost ketchup-like sauce you find in the same aisle as barbecue sauce and ketchup.

You can change it up and use your favourite barbecue sauce or kicked-up ketchup.

FLASH FOOD

From your fridge to your table in about 30 minutes or less

Sometimes we have a refrigerator full of condiments and don't know how to use them in cooking. A little bit goes along way when it comes to condiments, which are truly ideal for adding big flavour to a sandwich like this.

If you're not up for a sandwich, you can simply serve them over some steamed rice.

1. In a large bowl, using fork stir together chili sauce, egg, bread crumbs, garlic, Worcestershire sauce, oregano, thyme and pepper until well combined. Add beef and mix together using hands to distribute evenly.

2. Using hands, roll meat mixture into about 30, 1-inch (2.5 cm) meatballs and place on parchment paper lined plate or tray.

3. Heat large non-stick skillet over medium-high heat and brown meatballs, in batches if necessary, turning occasionally on all sides for about 8 minutes or until browned. Remove.

4. Wipe skillet with paper towel and return to medium heat and add oil and cook onion for about 5 minutes or until softened. Add mustard and water; return meatballs to skillet and toss to coat, stirring occasionally with sauce for 3 minutes or until meatballs are no longer pink inside.

5. Divide meatballs and sauce among sub buns and top with lettuce and tomato.

This recipe makes six servings. EMILY RICHARDS

Ingredients

- 3 tbsp (45 ml) chili sauce or ketchup
- 1 egg
- 1/4 cup (50 ml) dry seasoned bread crumbs
- 1 small clove garlic, minced
- 1 tbsp (15 ml) Worcestershire sauce
- 1 tsp (5 ml) dried oregano
- 1/2 tsp (2 ml) dried thyme
- 1/4 tsp (1 ml) pepper
- 1 lb (454 g) extra lean ground beef
- 2 tsp (10 ml) canola oil
- 1 small onion, minced
- 1/4 cup (50 ml) honey mustard
- 1/4 cup (50 ml) water
- 6 small whole wheat sub buns
- 1 cup (250 ml) chopped lettuce
- 1 tomato, chopped

When in doubt, simply wing it

Watching a game while eating wings just can't be beat. Be sure to have plenty of napkins on hand when you settle in with these Spicy Peanut Wings.

1. Preheat oven to 425 F (220 C). If wings are whole, cut in half at joint, then cut off wing tips and discard. Place in bowl.

2. In separate bowl, whisk peanut butter with lime juice, soy sauce, hoisin sauce, brown sugar, chili garlic sauce and hot pepper sauce until combined. Toss with wings, stirring occasionally, while oven preheats.

3. Set 1 or 2 well-greased racks over 1 or 2 foil-lined baking sheets. Place wings skin-side up on racks, making sure to not crowd wings. Spread any peanut butter mix left in bowl all over wings. Bake wings, turning halfway through cooking, 35 minutes. Sprinkle with chopped peanuts, if desired.

NEWS CANADA/PEANUTBUREAU.CA

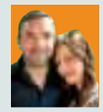
This recipe makes 2 lbs (1 kg) of wings, to serve 2 to 4. NEWS CANADA

Ingredients

- 2 lbs (1 kg) chicken wings
- 1/2 cup (125 ml) peanut butter
- 1/4 cup (60 ml) lime juice
- 2 tbsp (30 ml) each soy sauce and hoisin sauce
- 2 tbsp (30 ml) brown sugar
- 2 to 3 tbsp (30 to 45 ml) hot Chinese chili garlic sauce
- 1 tbsp (15 ml) hot pepper sauce

Food around the world

Uruguay (vegan rating: 5/10)



MEAT AND VEG
meatandvegontheroad.tumblr.com
Photos: Suzi Staheli
Words: Eoin Weldon

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.

Veg: Finding vegan eats in South America's lesser-known steak mecca Montevideo was hard work as we ran into many cheese and meat-heavy menus. However, we eventually discovered the city's very first vegan cafe, La Papa. Veg treated herself to a spiced lentil, rice, parsley and potato stew with a lentil slider on the side.

Meat: After a failed trip to acquire my first Uruguayan steak in the old city (La Ciudad Vieja), I settled on a strip-loin cut from a butcher. In our apartment, I prepared mashed potato and an onion-carrot sauce, and placed four hunks of meat around the potato island. The quality of the meat shone through and enhanced what could have been an substandard meal.

First order of business: Doing homework right

Hard on visitors. Five-game homestand a chance for Jets to shine again on Winnipeg ice

Ondrej Pavelec, centre, gets scored on at the MTS Centre in April. The Jets lost 18 games at home last season, but they are hoping to return to the record they had in their first season in Winnipeg (2011-12), when they won 23 times at home. MARIANNE HELM/GETTY IMAGES FILE

The Winnipeg Jets' leading scorer last season says there's no mystery behind their failure to shine on home ice.

"Look at our record overall," forward Blake Wheeler said Tuesday after practice. "There's a reason we are where we are."

But that doesn't mean they can't get better and he agrees improving on home ice is one key to the kind of success the team is gunning for under new head coach Paul Maurice.

"We need to be better at home, we know that. We take care of business at home and keep our head above water on the road, that's kind of the recipe for success in this league, you look at the top teams.

"It's tough to win on the road, so you've got to be good at home."

The Jets are looking to a five-game homestand starting Friday to help generate some momentum, after going 1-2 on the road to open their NHL season.

They won their first game 6-2 against the Arizona Coyotes but they dropped their next two in Los Angeles and San Jose.

After playing against two California powerhouses, the Jets face lower-ranked teams at home starting Friday when the Nashville Predators visit, followed by the Calgary Flames, Carolina Hurricanes, Tampa Bay Lightning and Colorado Avalanche.

Home ice didn't do them much good last season when they went 18-17-6 at home and 19-18-4 on the road, finishing 22nd overall and out of the playoffs for the seventh season in a row.

Centre Bryan Little says they want to get back to the way they played at home in their first season in Winnipeg, when they made the MTS Centre a tough place to visit going 23-13-5.

"I think we want to establish that early, that it's going to be a hard night when you come to Winnipeg," said Little.

Meanwhile, Maurice said they still don't expect forward Evander Kane back any time soon after injuring a knee in a collision with linemate Mark Scheifele. He said last week it would be two weeks before Kane is even reassessed.

"After that it will be week to week. Other than the fact I had thought originally it was going to be month to month, to be honest with you, we took it as good news," Maurice said.

THE CANADIAN PRESS

It's already do-or-die time for Jets

THE HOCKEY NEWS
Ronnie Shuker
winnipeg@metronews.ca

Three games don't make a season, but there are a few things to glean from Winnipeg's western road swing to start 2014-15.

First, the Jets have a killer penalty kill. Second, they don't seem too fond of "fancy" stats. And third, goaltending is going to be a gong show, again, this season.

It comes as no surprise that Winnipeg has the NHL's No. 1 penalty kill after going a perfect 14-for-14 through three games. (They're even plus-1 in the special teams goal-differential department, having scored a shorthanded goal.) The Jets were tied for ninth last season despite allowing the sixth-most power plays, so this should be an area of strength for them all season long.

On the analytics front, through Thanksgiving, Winnipeg was already near the bottom in both Corsi Close (tied for 27th at 38.9 per cent) and Fenwick Close (24th at 42.9 per cent). The sample size is, admittedly, still small, but it's worth noting that the bottom eight teams in each analytic had combined records of 6-16-1 and 8-14-1, respectively. Last season, Winnipeg ranked just 20th in both stats. If the Jets hope to roll with the Western Conference's big boys, they'll have to hang onto the puck more.

Goaltending

.898

Ondrej Pavelec's even-strength save percentage is at .898 per cent.

And now to the goaltending. It's going to be hard to get through a column this season without addressing what is so obviously in-your-face wrong with this roster. The Jets have, at best, two backup goaltenders. Pavelec performed well in Winnipeg's season opener against the Coyotes but was, well, more Pavelec-like in Game 2 versus the Sharks. Meanwhile, against the defending Stanley Cup champs, Michael Hutchinson looked nothing like the promising young goalie who had three stellar starts in April.

Combined, the two have posted a paltry .853 save percentage at even-strength, which is how roughly 80 per cent of games are played. Having one of the NHL's best penalty kills won't help the Jets if 80 per cent of the time their goalies stop only 85 per cent of shots against.

It's early in the season, but the next five games are critical for the Jets. If they don't make hay out of this homestand, they could fall out of the post-season picture. After these five games at MTS Centre, the Jets play nine of their next 11 on the road, and 12 of 17 overall away from home through the end of November. In the NHL's Division of Death, that kind of schedule could quickly kill any hope Jets fans have of seeing their team make the playoffs.

Hockey. Szabados ready for full season with men

Shannon Szabados knows from her taste of the Southern Professional Hockey League to expect the unexpected this season.

The goalie went down to Georgia at the end of September to get ready for a full season with the Columbus Cottonmouths. Training camp opens Wednesday.

The 10-team SPHL is a minor pro men's league.

Szabados started in a pair of one-goal losses to conclude the 2013-14 regular season and played the third period of a Cottonmouths playoff loss in April.

"Getting a taste of what it would be like for the next seven or eight months that I'll be here was definitely an advantage," Szabados said from Columbus.

"It will be nice to start here fresh at the beginning of the season and get in a few games and be on the ice every day."

The Cottonmouths open at home Oct. 24 against the Knoxville Ice Bears.

Head coach and GM Jerome Bechard said he was leaning toward starting Szabados in the season opener, even though Andrew Loewen of Winnipeg has more experience.

"I want to get that first win for her really bad," Bechard said. "We play 56 games. In my mind, right off the bat, the plan is for her to get 20 games, if not more. I guess time will tell."

Szabados backstopped the Canadian women's hockey team to Olympic gold last February in Sochi and she also filled in March 5 at an Oilers practice in her hometown of Edmonton.

After last season's short stint in Columbus, Bechard re-signed Szabados in July.

"I wouldn't bring her in if she wasn't legit and didn't give us an opportunity to win," Bechard said. "She is probably one of the most technical goalies I've seen." THE CANADIAN PRESS

Shannon Szabados of the Columbus Cottonmouths, last March in Georgia. TODD KIRKLAND/GETTY IMAGES

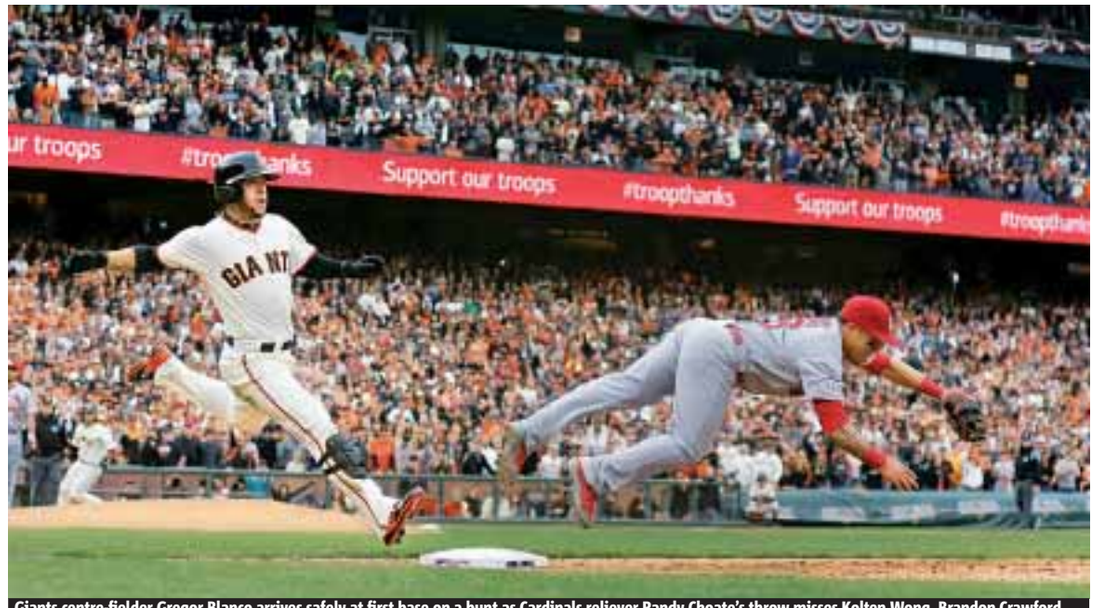
Thriving with the boys

Shannon Szabados played four years in the Alberta Junior Hockey League with Sherwood Park, Bonnyville and Fort Saskatchewan.

- She was named the AJHL's top goaltender in 2006-07.
- Szabados then spent five years in Alberta men's college hockey with Grant MacEwen and then NAIT where she set a league record for the lowest goals-against average (1.58) in 2012-13.

Drone reps for Albanian fans

Serbia defender Stefan Mitrovic grabs a flag with Albanian national symbols flown by a drone in the 41st minute of a European Championship qualifier on Tuesday in Belgrade, Serbia. When Albanian players attempted to protect the flag, several Serbian fans invaded the pitch and clashed with the Albanians. The match was suspended by officials with the score tied 0-0. Scan the image with your Metro News app for more Euro coverage. ANDREJ ISAKOVIC/AFP/GETTY IMAGES



Giants centre-fielder Gregor Blanco arrives safely at first base on a bunt as Cardinals reliever Randy Choate's throw misses Kolten Wong. Brandon Crawford scored on the play, giving the Giants a 5-4 win in the 10th inning to take a 2-1 NLCS lead in San Francisco. DAVID J. PHILLIP/THE ASSOCIATED PRESS

Blanco's bunt lets Giants fans get blotto

MLB post-season. San Francisco gets winning run the small-ball way to grab series lead from Cardinals

Once the Giants finally got a bunt down, the rest was easy.

A wild throw by reliever Randy Choate on a bunt allowed Brandon Crawford to score the winning run in the bottom of the 10th inning, lifting the San Francisco Giants over the St. Louis Cardinals 5-4 on Tuesday for a 2-1 lead in the NL Championship Series.

Crawford drew an eight-pitch walk from Choate to begin the inning, ending a stretch of 16 straight Giants retired since Tim Hudson's two-out single in the fourth. After failing on two sacrifice attempts, Juan Perez singled to bring up Gregor Blanco.

Blanco fouled off a bunt try, too, but then pushed one to the left side of the mound and the left-handed Choate's sidearmed throw sailed past lunging second baseman Kolten Wong, who was covering first base.

"We don't do anything easy," Giants manager Bruce Bochy said. "We might have got a little lucky there with Perez when he couldn't get a bunt down and he gets a base hit. But Blanco laid down a beauty.... I don't know if that's luck as much as great bunt, great speed to put pressure on them."

Randal Grichuk tied it with a solo homer in the seventh that chased Hudson.

Game 4 in the best-of-seven series is Wednesday night, with Ryan Vogelsong pitching for the Giants against fellow righty Shelby Miller.

This walkoff win came 12 years to the day after Kenny Lofton's single in the ninth inning ended the 2002 NLCS against the Cardinals and sent the Giants to the World Series. THE ASSOCIATED PRESS

Game 3

Giants	Cardinals
5	4

- Go to metronews.ca for coverage of Game 3 of the ALCS between the Baltimore Orioles and Royals in Kansas City.

NHL

Gagne lands $600K gig with Bruins

The Boston Bruins have signed veteran forward Simon Gagne to a one-year contract worth $600,000 US.

Gagne attended Bruins training camp on a tryout basis. He had a goal and an assist in five pre-season games.

The 34-year-old last played in the 2012-13 season, splitting time between Los Angeles and Philadelphia and had five goals and 11 assists in 38 games. THE ASSOCIATED PRESS

Time getting shorter?

NBA to experiment with shorter games

The NBA is going to evaluate if a shorter game could be a better one.

The Brooklyn Nets and Boston Celtics will play a 44-minute pre-season game on Sunday as the league tests a format that features fewer minutes and fewer mandatory timeouts.

The contest will be four minutes shorter than the NBA's standard 48-minute game. THE ASSOCIATED PRESS

NBA

Raps ink options on T-Ross, J.V.

The Toronto Raptors picked up the fourth-year team options on Jonas Valanciunas and Terrence Ross on Tuesday, guaranteeing their contracts through the 2015-16 season.

Valanciunas has averaged 10.3 points and 7.6 rebounds in 138 starts in his two seasons with the Raptors. Ross has averaged 8.7 points and 2.6 rebounds in 154 games. THE CANADIAN PRESS

TV numbers

Average of 2.2M tuned into HNIC, Rogers says

Sportsnet says an average of 2.23 million viewers tuned in to watch the early games of its first Hockey Night in Canada broadcast Saturday.

Five games were shown over five different channels.

An average audience of 2.01 million tuned into Wednesday's season opener between Montreal and Toronto on Sportsnet. THE CANADIAN PRESS

2015 Subaru WRX

- **Type.** Four-door, all-wheel drive compact sports sedan
- **Engine.** 2.0-litre turbo-charged flat-four (268 hp)
- **Transmission.** Six-speed manual; continuously variable automatic (CVT)
- **Price.** $31,645 base, $35,445 as tested.

Market position

Compact sports sedan for auto enthusiasts. Less-expensive sibling of rowdier and more powerful WRX STI. Goes rallying in the hands of both factory and private race teams. As with all Subaru models, features "boxer" engine and full-time all-wheel drive, the latter now with torque vectoring for greater handling.

Points

- The WRX is based on the new-generation Impreza platform, which offers more interior room and refinement, and a stiffer chassis.
- All-new engine features direction injection
- First-ever 6-speed manual or Sport Lineartronic (CVT) automatic for the WRX.
- No longer available in a hatchback version.

The rear seating area has been significantly increased, but the hatchback option is gone.

Safety features

IIHS Top Safety Pick; seven airbags, including driver's knee bag; 4-wheel disc brakes with ABS, electronic brake force distribution and brake assist; stability and traction control; full-time all-wheel drive; engine immobilizer anti-theft system; whiplash-reducing front performance seats.

Power and poise set WRX apart

PHOTOS: MIKE GOETZ

Review. With 270 hp, AWD, and a responsive automatic CVT, the WRX is quick off the mark and quicker to please

MIKE GOETZ
drive@metronews.ca

I got the keys to the 2015 Subaru WRX, and made my way quickly to the car, almost skipping. This was going to be good.

I jumped in and ... it's an automatic. Really? Come on!

I got over it quickly, though, as this is an awesome compact sports sedan — even with the continuously variable automatic transmission.

The new Sport Lineartronic CVT actually creates a new tone in the WRX pallet; slightly less involved, but better suited to everyday driving, like commuting and general schlepping.

The "manual" mode of the CVT allows you to select your own (simulated) gears, in six- or eight-gear allotments, with paddle shifters. But just letting the CVT do its own thing is also very satisfying.

With the prodigious torque (258 lb.-ft.) available from the new direct-injection, twin-scroll, inter-cooled and turbo-charged 2.0-litre engine, the WRX is a weapon you'll want to point and shoot, and often. A little muscle car if you will.

Subaru's WRX and WRX STI have never prioritized interior materials and design, but this generation features a cabin that is clean and classy, and shouldn't disappoint anybody.

I really like the new D-shaped steering wheel, the high-grip seat material, and 4.3-inch monitor, mounted top-centre on the dash, which displays turbo boost in a cool, virtual analogue gauge.

The 2015 Subaru WRX features a cabin that is clean and classy.

Some will lament that WRX is no longer available as a hatch model, but the rear seating area is significantly increased.

Every new design these days is bound to feature a new "bold and aggressive front-end appearance," whether the vehicle is a minivan or a supercar. To my eyes, the new "aggressive" front look and "wide body" of the WRX perfectly matches what it can deliver.

The functional hood scoop, sculpted into the new aluminum hood, is lower and wider for better intake efficiency and driver stability — and looks killer.

The new 17-inch aluminum alloy wheels are said to add to the aerodynamic efforts, which also include front and rear spoilers and under-car elements. I thought the dark gun-metal wheels and dark grille really set off the crystal while pearl paint on my tester, which was the mid-level WRS Sport trim, which includes a trunk spoiler, sunroof, LED low beams and fog lights.

You have to go to WRX Sport-tech if you want the navigation system, which is combined with a bigger and better screen, and a louder stereo.

Although the WRX STI has a direct competitor with the Mitsubishi Evolution, this regular version of the WRX is pretty much the only thing in its price and power class. The refinements and CVT option for the 2015 version make it even more distinctive.

It's an intriguing choice for an auto enthusiast who is looking for performance with a bit more livable personality for everyday use.

Compare

1 Mitsubishi Lancer Ralliart
Base price: $33,998
Another great rally-bred nameplate with AWD and big turbo power.

2 Ford Focus ST
Base price: $31,664
Fast and fun hatchback, but no AWD option.

3 VW Golf GTI
Base price: $29,605
Only 210 hp, but all-new and always entertaining.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Be flexible if you want to make the most of the next few days. As for the next 24 hours: What appears serious will have a fun side and what seems like a joke could have big consequences.

♉ Taurus
April 21 - May 21
The planets are very much on your side at the moment but for best results you should not wait for things to happen, you should make things happen.

♊ Gemini
May 22 - June 21
The task you have set for yourself may seem scary but if you have confidence in yourself and if you act as if you cannot lose it will be a great success.

♋ Cancer
June 22 - July 23
Why have you been singled out for so much good fortune? Who cares. The fact is others are going out of their way to make life fun for you. Enjoy!

♌ Leo
July 24 - Aug. 23
You may not be that interested in what family and friends are up to today but you should get involved anyway. Today's Sun-Mars link means it will be more fun than you bargained for.

♍ Virgo
Aug. 24 - Sept. 23
The message of the cosmos is clearn: Focus only on what you are good at. It does not matter if it has a practical application or if it is going to make you money, now or in the future.

♎ Libra
Sept. 24 - Oct. 23
Where would you like to be and what would you like to be doing if money were no object? Start working towards it today.

♏ Scorpio
Oct. 24 - Nov. 22
As the Sun nears the end of one Scorpio solar cycle you must expect things to be a bit gray and glum but it's OK. A few days from now your fortunes will be transformed.

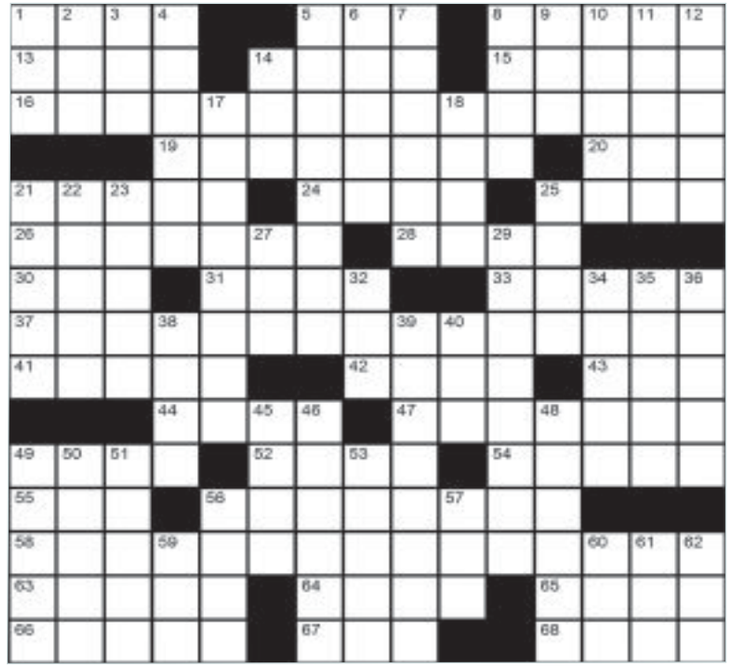
♐ Sagittarius
Nov. 23 - Dec. 21
You will have to make a difficult decision over the next 24 hours but because you know without doubt what is right and what is wrong you will make it quickly and with a clear conscience.

♑ Capricorn
Dec. 22 - Jan. 20
All work and no play is rarely a good idea and if you go down that route now you may look back later and wish you had been a bit more relaxed.

♒ Aquarius
Jan. 21 - Feb. 19
Today's Sun-Mars link encourages you to be more outgoing, both on a one-to-one level with people you know intimately and with people you meet socially or at work.

♓ Pisces
Feb. 20 - March 20
Career matters are under good stars and if there are changes you need to make, now is the time. Take the initiative and make sure everyone can see you have talent and ambition.

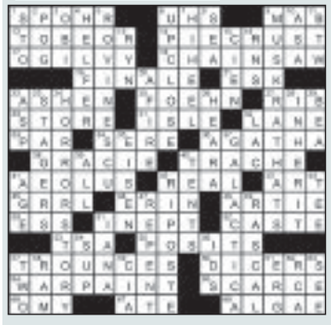
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Luxe-living magazine, __ Report
5. Central-__
8. October birthstones
13. Army garb, commonly
14. Jessica Simpson's ex Tony
15. Blender setting
16. 'A Musical within a Comedy' ...Tony-winning Canadian production, with The: 2 wds.
19. Generously applies: 2 wds.
20. Prefix to 'metrical'
21. Jason's mythical wife
24. Amphibious WWII vessels
25. Particular parrots
26. Claimed
28. Golf's Mr. Ballesteros
30. Bro or sis
31. Loyal
33. __ Tower (Edmonton building)
37. Libra symbols: 3 wds.
41. __ humains (Human beings, in French)
42. Mike Myers comedy, "The Love __" (2008)
43. US politician
44. Disconnected, in music [abbr.]
47. Actress, ___. Fox
49. Nails down
52. Roy Rogers' birth name, Leonard __
54. __ __ out
55. Company's stock mkt. debut
56. Was remembered from the auditions: 2 wds.
58. Why a concert might get cancelled: 3 wds.
63. 'Caligvla' is a 2012 album by what Canadian metal band?: 2 wds.
64. Actor William
65. House: Spanish
66. Computer administrator, e.g.
67. Canadian singer/actress Ms. Gryner
68. 'The' as 'Teh'

Down
1. Got [abbr.]
2. Paddle
3. Canuck financial inst.
4. Canadian comedy/music act, __ and Blue
5. Sonny & Cher: 2 wds.
6. Between midnight/noon times = _ _ __.
7. Canada: West and East
8. Not closed
9. __ Minerals (Makeup line)
10. Happened to happen
11. Miss Lotte __ of Bobby Darin hit "Mack the Knife"
12. Looks as though...
14. Bakery offering
17. "Canada's __ Person" on CBC
18. Model
21. En __ (All together)
22. Boot
23. Exclude
25. Didn't discard
27. Hmmms...
29. 79 A.D.: Pompeii's burier
32. Alphabetic sequence
34. Approximately, in dates
35. "Titanic" (1997) setting
36. Stuff the sofa again, say
38. Fewer
39. Big name in facial fillers
40. One of Switzerland's Four Forest Cantons
45. __ Spumante wine
46. Bell, in La Belle Province
48. Still in one piece
49. Under-sink tubes
50. __ glue
51. Commodities
53. Li'l Abner's surname
56. Cease
57. Giants slugger-of-legend Mel
59. Band, with Speedwagon
60. Set down
61. Particularly, puny-ly
62. __ Paulo, Brazil

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3		9				6		5
7		2		9		8		1
			8		2			
		4	7		5	9		
		7	1		8	3		
			3		6			
9		6		1		4		3
8		3				1		2

Yesterday's Sudoku

4	9	1	7	6	2	5	8	3
6	3	2	5	8	9	1	7	4
7	8	5	1	4	3	2	9	6
2	1	7	3	9	6	4	5	8
3	5	4	8	2	7	9	6	1
8	6	9	4	5	1	3	2	7
5	2	8	6	3	4	7	1	9
1	4	6	9	7	5	8	3	2
9	7	3	2	1	8	6	4	5

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#8
A reusable bag only needs to be used 5 times to have a lower environmental impact than plastic.
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Limited model shown♦

2015 ELANTRA

HWY: 6.7L/100 KM
CITY: 9.7L/100 KM▼

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HWY: 5.2L/100 KM
CITY: 7.6L/100 KM▼

GLS model shown♦

2014 ACCENT 5DR

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HWY: 7.4L/100 KM
CITY: 10.4L/100 KM▼

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HWY: 7.9L/100 KM
CITY: 11.0L/100 KM▼

Limited model shown♦

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P.K. SUBBAN
Montreal Canadiens Defenceman and Hyundai Hockey Helper

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®The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2015 Elantra 2.0 Limited/2014 Accent 5 Door GLS Auto/ 2015 Sonata 2.0T Ultimate/2014 Santa Fe Sport Limited AWD with an annual finance rate of 0% for 84/84/60/60 months. Bi-weekly payments are $143/$109/$268/$300. $0 down payment required. Cost of Borrowing is $0. Finance offers include Delivery and Destination of $1,595/$1,595/$1,695/$1,795, levies and all applicable charges (excluding GST/PST). Finance offers exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. Financing example: 2015 Elantra 2.0 Limited for $27,380 at 0% per annum equals $143 bi-weekly for 84 months for a total obligation of $26,018. $0 down payment required. Cash price is $26,018. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,595, levies and all applicable charges (excluding GST/PST). Finance example excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ΩPrice adjustments are calculated against the vehicle's starting price. Price adjustments of up to $1,362/$1,037/$1,825/$2,045 available on in stock 2015 Elantra 2.0 Limited/2014 Accent 5-Door GLS Auto/2015 Sonata 2.0T Ultimate/2014 Santa Fe Sport Limited AWD. Price adjustments applied after taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ♦Prices of models shown: 2015 Elantra Limited/2014 Accent 5 Door GLS Auto/2015 Sonata Limited/2014 Santa Fe Sport Limited AWD are $27,380/$20,880/$34,830/$41,030. Prices include Delivery and Destination charges of $1,595/$1,595/$1,695/$1,795, levies and all applicable charges (excluding GST/PST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ▼Fuel consumption for new 2015 Elantra 2.0 Limited (HWY 6.7L/100KM; City 9.7L/100KM); 2014 Accent 5-Door GLS Auto (HWY 5.2L/100KM; City 7.6L/100KM); 2015 Sonata 2.0T Ultimate (HWY 7.4L/100KM; City 10.4L/100KM); 2014 Santa Fe Sport Limited AWD (HWY 7.9L/100KM; City 11.0L/100KM); are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ΔThe Hyundai Accent/Elantra received the lowest number of problems per 100 vehicles among small/compact cars in the proprietary J.D. Power 2014 Initial Quality Study℠ (IQS). Study based on responses from 86,118 new-vehicle owners, measuring 239 models and measures opinions after 90 days of ownership. Propriety study results are based on experiences and perceptions of owners surveyed in February-May 2014. Your experiences may vary. Visit jdpower.com. †♦ΩOffers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

Focus Hyundai
1066 Nairn Ave.
Winnipeg, 204-663-3814
or 1-800-545-4488
Dealer Permit # 1383

Murray Hyundai
1700 Waverley St.
Winnipeg, 204-269-5555
Dealer Permit # 4008

Winnipeg Hyundai
3700 Portage Ave. W.
Winnipeg, 204-774-5373
Dealer Permit # 7639

Birchwood Hyundai
2420 McPhillips Street.
Winnipeg, MB, 204-633-2420
Dealer Permit # 4423